



Travel to



WHY WALK TO SCHOOL

Walking is a great way to exercise. Students who walk to school often arrive more relaxed and ready to learn. Walking can be a good way to gather your thoughts. If you have had a hard day at school, walking home can help you unwind. Walking to and from school with friends gives you time to chat and socialise, even catch up on homework ideas.



'time with my friends'

PARK THEN STRIDE - get to school on time

Being stuck in traffic often causes students to be late for school or parents late for work. So try to use safe drop points and allow enough time to walk to school. It is often quicker to walk, or cycle.

Many students live within the 10 and 15 minute walking zones as highlighted on this map. If you do live within these zones then we encourage you to walk or cycle. There are many advantages to doing this and of course it is healthier!

If you live outside the zones then consider getting dropped off and picked up at a park and stride area, or other designated off street parking and walking into school from there. Perhaps get dropped at a friend's who lives within the zone.

If you get the bus then try getting off a stop earlier – it will increase your step count.

For those who cycle, we have cycle storage and lockers.



Don't get distracted – headphones, friends chatting, mucking around

10 REASONS TO WALK

It's a fun way to travel

It gives me more time to be with my friends

Gives me more independence

It helps me wake up and be more alert for lessons

It helps me unwind at the end of a busy day

It makes a cleaner, less noisy environment

It makes me healthier and fitter

It makes the local area safer if there are less cars

Saves money on fuel costs

Let's me find out more about my local area

THE PEDOMETER CHALLENGE - What's your PB?

Using pedometers or apps, measure how many steps you take getting to school. Try increasing your daily Personal Best by varying your route. You should feel healthier and more alert. Ask friends to challenge each other to see who can record the highest number of steps.



OUR SCHOOL PROMOTES WALKING AND CYCLING BECAUSE...

Our school aims to get everyone more active in one way or another and walking or cycling to school, even just part of the journey will count towards your daily exercise. Latest research shows being active can help students increase their levels of achievement.

By walking or cycling our school community can help reduce the number of vehicles on the road plus this will reduce the daily congestion outside our school and surrounding area especially during school start and finish times. It will also make travelling in our local area safer for all of us.

MAKING THE JOURNEY TO SCHOOL EASIER AND SAFER

Parking outside or close to the school gate causes congestion and actually makes the roads more dangerous for other road users and pedestrians. It also creates more pollution from exhaust fumes and blocks the roads for local residents. Parking on yellow or white lines and zigzags obstructs the view of anyone using a crossing making it more difficult for students to cross safely.

