

Travel to



Why Walk to School

Walking is a great way to get to school. You get plenty of fresh air and time to talk to your family. Maybe you could arrange to meet up with other families and walk with your friends.

Walking can be good to gather your thoughts and get you ready for the start of the day, or let off steam at the end.

Remember, if you are walking you are exercising which is good news for your health as well. And don't forget that walking is also good for the environment and helps cut traffic congestion and pollution.

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



'Cycling is good exercise, it keeps you fit and healthy'

Active Travel

What is active travel? Walking cycling scooting and Park and Stride are all excellent forms of active travel. They are all easy ways to increase daily physical activity and help maintain a healthy weight. Children who travel actively to school also gain valuable life skills such as road safety and as they get older learn to travel independently. They also reduce their risk of developing health problems such as type 2 diabetes, asthma and even mental health disorders.

By choosing active travel, the journey to school counts towards the recommended 60 minutes of daily physical activity for children.

Some parents and carers find it hard to fit in active travel for school every day, so why not try to walk, cycle or scoot once or twice a week, or Park and Stride instead.

Footsteps to Road Safety

Footsteps is a road safety programme for young children which develops awareness of roads and helps them live safely with traffic. Parents, grandparents and carers can help deliver this the programme then please contact your school office. There are lots of helpful resources on [www.think](http://www.think.org.uk) ????? (check website)

10 Reasons to Walk

BETTER HEALTH

Social inclusion with peers

Saves money on fuel costs

GAIN INDEPENDENCE

More aware of the local community

increased awareness of road safety

improved concentration on work

LESS NOISE AND AIR POLLUTION

Improves overall mood

REDUCES STRESS

Park & Stride

Park and Stride is a scheme where parents/ carers park a short distance from school and walk the rest of the way. This is ideal for those who live too far away from school to walk or who need to continue their journey to work or another school.

Next time you drive, try to park and stride from suitable places outside our walking zone and walk or scoot the rest of the way to school. You may even find it takes you less time than trying to find somewhere to park near the school gates.

'I love walking home with my mum and big sister and chatting about school'



Modeshift STARS Plan

Modeshift STARS is a national schools' award scheme. It recognises schools who demonstrate excellence in supporting walking, cycling and other forms of sustainable travel.

www.modeshiftstars.org.uk