



Inspiring new travel options

The School Run Revolution

Information for New Families Starting Primary School





Exciting times are ahead as your child starts their new school. You have most likely thought of having to buy new school uniform, new shoes, a school bag but one of the most important things to consider is how you are going to get to school and travel there safely.

Staffordshire County Council's Active School Travel Team works with Staffordshire schools to encourage and promote a more active and sustainable journey, to and from school.

Many Staffordshire schools, in fact schools all over the country, have issues regarding congestion, inconsiderate/dangerous parking and safety concerns in the area surrounding the school. Many schools regularly receive complaints from other parents and residents about the volume of traffic in the vicinity of the school, making it unsafe for pedestrians and other road users at busy times at the start and end of the school day.

As new parents to the school we are asking for your help to try and alleviate the problem and make the area around school safer for all.

If you can think about your journey to and from school and try to incorporate active travel into your journey it not only benefits the school community but the local environment, residents and of course you and your children.

Being active at every age increases quality of life and everyone's chances of remaining healthy and independent. Public Health England recommends that children and young people (5-18) should be physically active for at least 60 minutes per day – your active journey to and from school can be part of this.



Physical activity

for children and young people (5-18 years)

Be physically active and spread activity throughout the day. All activities should make you breathe faster and feel warmer. Include muscle and bone strengthening activities 3 times per week.

Builds confidence & social skills	Strengthens muscles & bones	Improves concentration & learning
Develops co-ordination	Improves health & fitness	Makes you feel good
Improves sleep	Maintains healthy weight	



Aim for at least 60 minutes everyday.

Sit less. Move more

Find ways to help children and young people accumulate at least 60 minutes of physical activity everyday

Let's start planning our journey

Walking

Walk to and from school if you can every day. Even if you need to travel onto work, it may be quicker and easier to leave your car at home.

Your school may have a Walking Bus. Consider using this fantastic service, it's a great way of meeting new friends. Ask in school for details, or if your school hasn't got a Walking Bus ask the school if they could look into setting one up.

Visit the Active School Travel web-pages for more information at www.staffordshire.gov.uk/activeschooltravel



What's great about walking?

Walking to school is good for you and good for everyone! Here's why...

- Children who walk to school are more alert and more attentive in the classroom, than those who travel by car
- Walking to and from school helps to keep children fit. A 15-minute walk, cycle or scoot, will provide your child with half of their recommended daily exercise
- Walking to and from school is great for adults too
- The walk to school can be used to help children develop the necessary road safety skills to help them stay safe when out and about
- It helps keep the local air clean
- Children in cars regularly suffer THREE TIMES as much pollution as pedestrians
- It keeps the streets free from congestion
- Walking to school instead of driving saves a family, on average, £400 per year

Below are some top safety tips:

- Set a good example by using safer crossing places correctly with your children e.g. zebra crossings, pedestrian crossings
- Use the School Crossing Patrol if your school has one, crossing in front of the SCP when signalled to do so
- Make sure your child/children can be seen – Fluorescent materials are good for daytime - Reflective materials are good in the dark
- Use the Green Cross Code – see below

The Green Cross Code

1. Find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass
5. When it is safe, go straight across the road – do not run, keep looking and listening while you cross



Cycling & Scooting



Public Transport

Consider cycling or scooting to school if the route is suitable, especially when your child/children are older.

Your school may have a cycling/scooting travel policy. Below are some scooting and cycling safely top tips:

- Plan your route. This is especially important for the school run, use cycle routes where available
- Check bikes and scooters are fit for riding, check them over
- Make sure clothing and laces are not dangling near to wheels
- Be bright and be seen
- When riding scooters children are sharing the pavement with other users, make sure they are considerate, are checking driveways and can ride safely and stop when necessary
- Children should always get off their scooter and walk across any road
- Don't let your child scoot too far in front of you, they need to be able to hear you clearly
- Check with your new school if they have a scooting and cycling policy
- Store your scooter sensibly at school

Look out for any scooter, balance bike and Bikeability training available in your school!



Public Transport provides a great option in many areas of the county.

Check out the timetables to see if you could use the bus to get to school, or to travel onto work after walking your child to school.

Bus maps and timetables are available at www.staffordshire.gov.uk/busmaps

Driving

If you live too far away from school to walk all the way, **Park and Stride** – park away from the school and walk the rest of the way.

When parking, please have consideration for local residents and park legally i.e. don't park opposite or within 10 metres of a junction.

If you do have to use your car on the journey to school, here's how you can help:

- Don't cause congestion outside school, park further away and walk

- Ensure children get out of the car on the pavement side – NEVER into the road
- Avoid stopping on or opposite school 'Keep Clear' zig-zag markings. They are there to provide a clear area for children to cross the road safely
- Keep the school entrances clear
- When you drop off in the car turn off your engine
- Please stop for the School Crossing Patrol



When you drop off in the car turn off your engine, idling engines release around 150 balloons worth of polluted air per minute.

Let's be Air Aware

You can't see it, you can't smell it, but AIR POLLUTION damages your family's health. Air pollution is mostly caused by vehicles – here are some interesting facts...

- Children and babies are the worst affected in society by poor air quality as they are still developing
- Children and adults can develop asthma, other respiratory diseases and even cancer due to exposure to air pollution
- 40% of all air pollution in the UK comes from road vehicles
- 1/3 of all car journeys are less than 2 miles in total, these are journeys that can be made sustainably
- Choose an alternative mode of travel for shorter journeys like walking, cycling or scooting
- If you must drive due to distance park further away from school to avoid raising pollution levels in that area
- When you drop off in the car turn off your engine, idling engines release around 150 balloons worth of polluted air per minute
- Idling is also illegal, you can be fined if caught idling, and you waste money by doing it anyway
- If you walk, cycle or scoot take a quieter route where possible to avoid higher levels of pollution
- Children taking the car to school are exposed to double the amount of air pollution than those walking the same route



Scan this QR code to see a short animation

Let's keep safe

Be Bright Be Seen

In the Autumn term it is important for us all to BE BRIGHT AND BE SEEN. Mornings are darker, dusk is early, and the weather could be dark and grey. It is important to keep your child/children safe so wear a bright coat and something reflective and fluorescent.

Be Bright - Wear fluorescent or brightly coloured clothing when walking to and from school – it shows up well in daylight and at dusk.

Reflective - When it's dark outside, wear reflective clothing to be seen in car headlights. Reflective vests, sashes or wristbands work well.

Improve - Improve your visibility with accessories; clip on reflectors, armbands and stickers added to your coat or bag are a great way to improve your visibility.

Green Cross Code - Always choose routes and crossing places that are well lit and remember to use the **GREEN CROSS CODE**.

Headlights - If you like to cycle, it's the law to have clean and working headlights on your bike at night (white at the front, red at the back) as well as a rear reflector. It's good to fit spoke reflectors too.

Tales of the Road - For more road safety tips, games and videos, visit the Tales of the Road website at www.direct.gov.uk/talesoftheroad



Scan this QR code to see a short animation



Let's get active get moving get involved

The benefits of active travel - walking, cycling and scooting to school - are proven.

Children will be happier, more alert and ready to learn, have increased independence, better social skills, more road safety aware and will be fitter.

Even families that live further afield and need a car for part of the journey can get involved by parking away from school and walking the rest of the way. The benefits to the school, residents, staff and all families will be less congestion, safer school entrances and cleaner air. **#DoingOurBit**





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What next?

Think about how you are going to travel to your child's new school.

Plan your route – even if you live too far away from school to walk all of the way - try and incorporate an element of active travel in your journey.

- Visit walking travel apps to see how far and how long your journey will take -and how many steps you can accumulate
- Ask your school for a copy of the 10 Minute Walk Zone Map to help plan your journey
- Look out for local and national campaigns such as Walk to School Week and the Big Pedal and find out how you can get involved – follow us on social media
- Visit the Active School Travel web page – www.staffordshire.gov.uk/intoschooltravel
- Try the route out during the summer holidays
- Practice good road safety pedestrian skills when walking with your child – they will copy what you do! Always use safe crossing places to cross and if your school has a School Crossing Patrol please use it



Example of a 10 Minute Walk Zone Map

- Consider meeting up with school friends along the way – walking together is FUN and a great way of meeting new friends for adults and children
- Consider joining the Walking Bus if your school has one or approach the Head Teacher to see if there would be enough interest to set one up
- Remember, walking to school is good for you, good for your child, good for the local environment and if more parents walk their children to school, the school gates are a safer place for all

Hope your child enjoys their time at their new school and stays safe!



Plan your journey
staffordshire.gov.uk/intoschooltravel

