



# Join our Walking Warriors this May for Walk to School Week



Most pupils in Staffordshire live within walking distance of their school and could walk to school on a regular basis, but survey data shows us that not everyone does this. We appreciate that some pupils do live too far away to walk, so why not park further away and walk the last bit of your journey?



## Walking to school has many benefits

- Children who walk to school are more alert and focused in class than those who travel by car.
- A 15-minute walk helps children stay active and provides half of their daily exercise needs.
- It helps children learn road safety skills and become more independent.
- Walking helps keep the air clean and supports action on climate change.
- Children in cars are exposed to more pollution than people walking nearby.
- Fewer cars around schools mean safer, less crowded streets.
- Walking instead of driving can save a family about **£400 a year**.

## Join in the fun and share your stories

Share with us your Walk to School Week Story on social media by tagging [@AirAwareStaffs](#) and [@StaffordshireCountyCouncil](#) into your posts and using the hashtag [#INTOWalkingStaffs](#) and you may feature in one of our TikTok stories. Please only share photos that you are happy for us to share too.

Ask your school for a copy of your 5/10-minute walk zone map. Every school in Staffordshire has one and it may help you to plan your journey more effectively.

Please visit our [website](#) or email [INTO@staffordshire.gov.uk](mailto:INTO@staffordshire.gov.uk)



[@AirAwareStaffs](#)

[@StaffordshireCountyCouncil](#)

[#INTOWalkingStaffs](#)

