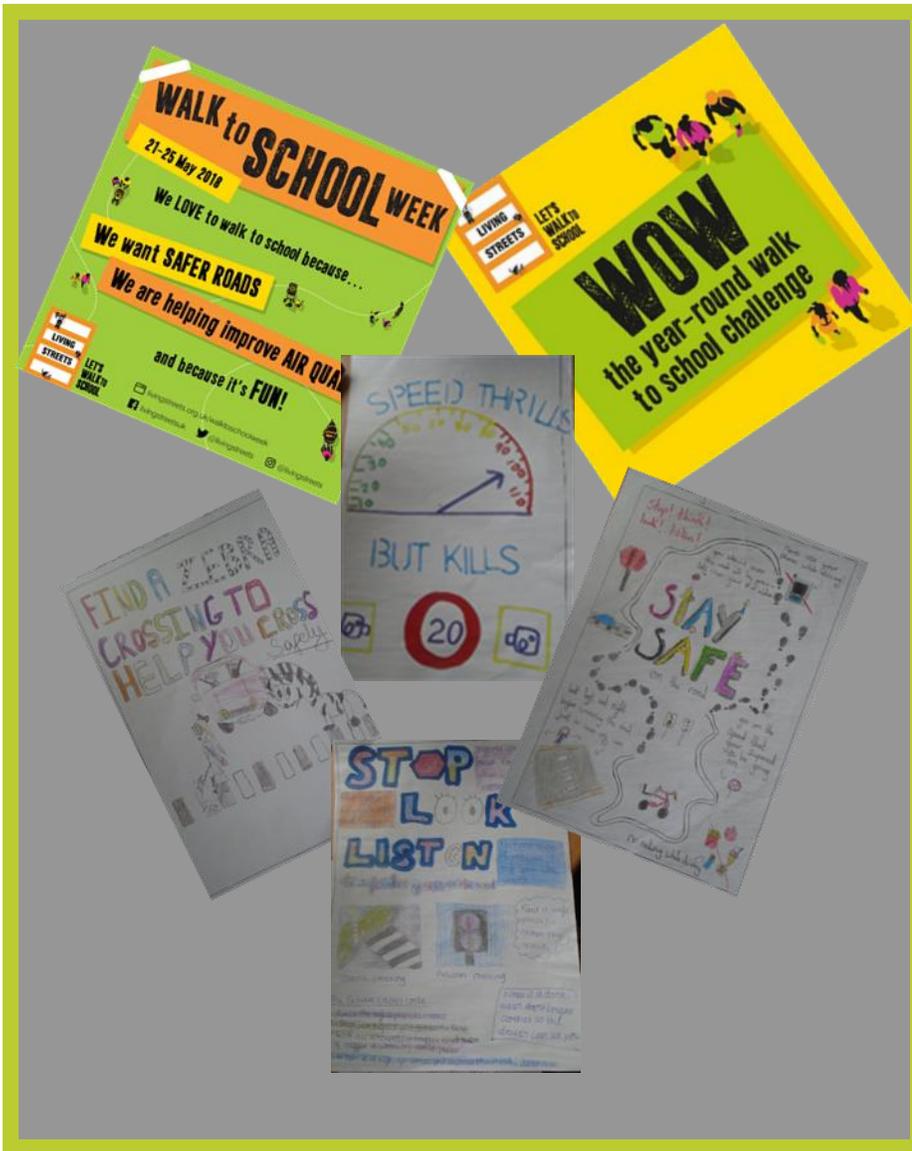


# School Travel at Lent Rise School

Most of our pupils and parents already walk to school



The posters above promote Walk to School. The pupils entered a competition about Road safety and produced their own designs. These are some of the winning entries.

**Ask yourself:** Do you want to live in a place where everyone drives?

The number of cars in the UK increased from 19 million in 1971 to 31 million in 2007. Projections suggest a further 30% increase by 2020 - Imagine the congestion and pollution if this rate of increase continues...

**We are a happy and healthy school!**

We encourage active travel for all our school community for the following key reasons:

**Walking and cycling keeps us fit and healthy**

*Children who cycle to school are significantly fitter and nearly five times as likely to be in the top quartile of fitness, than children who travel by other modes.*

**It also helps our pupils develop road safety skills which will keep them safe in later life**

*The predominant child age group for KSI casualties is 12 – 15 years, nearly three times more than any other child age group – that's why we believe it's very important to prepare our children with the relevant skills to travel independently to Secondary school*

**We believe cycling is a life skill that everyone should be able to benefit from**

*Cycling contributes significantly to inclusion – providing children with the ability to access facilities, education and training in later life*

**It helps keep our local air clean, and our local streets free from congestion**

*Exhaust from all the cars in the UK while on the school run releases about 200,000 tonnes of carbon dioxide into the air, contributing to climate change*

**It helps us maintain friendly relationships with our neighbours**

*Dangerous and inconsiderate parking not only creates an unsafe environment outside the school but upsets our neighbours and local residents.*

# How we travel matters

## What we do

- All local **school trips** are made by public transport where possible, or on foot if the destination is close by
- Provide **personal travel plans** for all new pupils
- Offer **cycle training** and provide **cycle and scooter storage** for pupils
- Encourage all members of our school community to **walk, scoot, cycle or travel by public transport** for the journey to school
- Hold **Walk to School Weeks** and take part in other competitions and fun things for pupils to get involved in
- Provide a walking map of the local area and why we walk to school– ask at the reception
- As part of our school travel plan we carry out school travel consultation at regular intervals to ensure we know what prevents more active travel and what we can do to remove barriers
- Support our Junior Road Safety Officers to monitor and educate the Lent Rise pupils about Road Safety.

*"There is a significant positive relationship between physical activity in childhood and general 'cognitive functioning' and academic achievement in school...."*



## What our parents do:

**Walk, Scoot or Cycle to school** when ever possible. Give it a go – it's probably not as far as you think!

### Park and Walk

Where a car must be used we ask all parents to drive only part of the way, **park away from the school** and walk the rest of the way ('park and stride'). This helps build exercise into every daily routines and contributes to your child's recommended hour a day of physical exercise.

### Walk on Wednesdays

Walking the whole journey to school or parking away from the school and walking as far as possible on Wednesdays. We give badges at the end of the month to pupils who walk every Wednesday in the month.

### Keep the Zig Zags Clear

Not stopping and dropping outside the school reduces congestion in the road outside the school, improves local air quality and keeps it safe for pedestrians

# If you really need to drive

Some tips to help you stop wasting money and improve your performance

## Park and Walk

Get active! Park away from the school and walk the final 5-10 minutes to the school.

## Cold starts

Avoid leaving your engine ticking over for long periods. Drive off as soon as possible after starting your engine, as it will warm up quicker and more efficiently when the vehicle is moving.

## Idling

If your engine is idling – you are not moving and therefore you are getting ‘zero miles per gallon’! If you have to wait in a traffic jam or at a level crossing it’s best to switch your engine off. In hot weather this is particularly important as it will help avoid the engine overheating.

## Eco-driving

Hard fast driving results in use of more petrol and wears tyres too – leading to more pollution and higher motoring costs for you. It is entirely inappropriate to accelerate and break hard in villages, towns and cities – where most road accidents occur. Safe and controlled driving is actually far harder and demonstrates considerable skill. It also saves wear and tear on the engine, clutch, gears, brakes and tyres – leading to better fuel economy and therefore prevents unnecessary expenditure.

## Drive smoothly

Accelerate gently and avoid heavy or sudden braking. As well as polluting the air, tyre and brake lining residue and exhaust pollution fall onto the road and is washed into surface water drains, polluting our water.

## How good is your driving?

Find out how good a driver you really are by doing a mock driving theory test.

[www.dsa.gov.uk/mockpaper/theoryintro.htm](http://www.dsa.gov.uk/mockpaper/theoryintro.htm)



## Care for your car

Check tuning, tyre pressure and fuel consumption – regular servicing helps keep your car efficient.

## Road rage

Be respectful of the community and environment around you. If you can't be patient and calm for others ... consider your own heart. Stress means a person may be at a greater risk of developing coronary heart disease.

## Kill your speed

Just 5 miles over a 30 mph speed limit can increase stopping distance by a further 21 feet. You should always be able to stop within the distance you can see ahead. Is it worth gambling that there isn't a child round the corner?

Increased speed means increased fuel use. If you stick to the speed limit, you will find little difference in journey time, and a lot of difference in fuel consumption and your stress level! And after all, what's the point in rushing to join a queue?

## Lighten up

Roof racks add drag and other unnecessary weight increases fuel consumption. Air conditioning and other on board electrical devices increase fuel consumption and cost you money – only use them when really necessary.

*Walking one mile in 15 minutes burns about the same number of calories as running a mile in eight and a half minutes*

# Our School Travel Policy

## Lent Rise School Travel Policy

**We are a happy and healthy school!**

As part of this we encourage active travel for all our school community for the following reasons:

- Walking and cycling keeps us fit and healthy
- It also helps our pupils develop road safety skills which will keep them safe in later life
- We believe cycling is a life skill that everyone should be able to benefit from
- It helps keep our local air clean, and our streets free from congestion
- Local residents don't like it when there are too many cars in the road outside their house



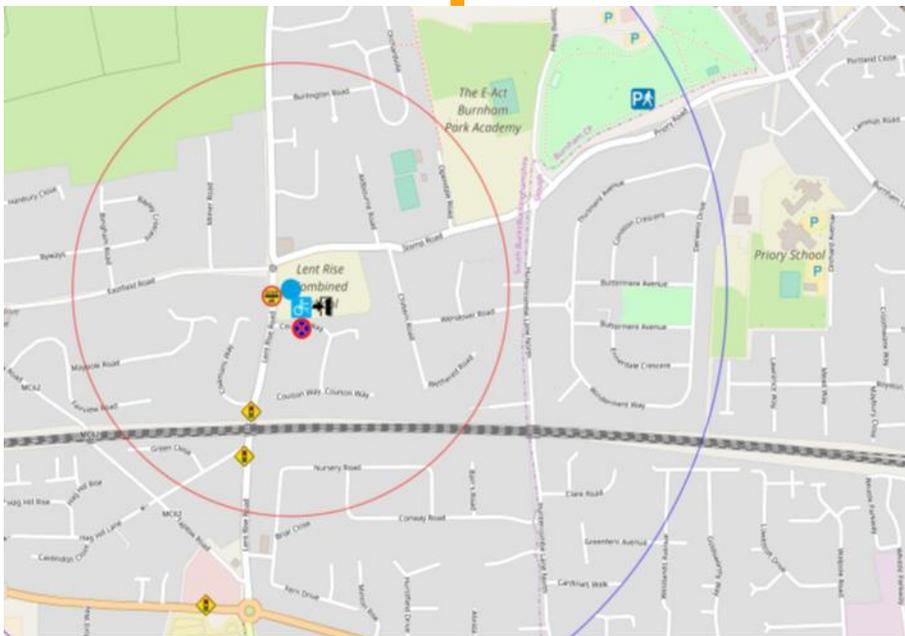
What we do:

- All local school trips are made by public transport where possible, or on foot if the destination is close by
- We let all new parents / carers know that we are an active travel school before their child starts at our school
- We provide personal travel plans for all new pupils
- We encourage all members of our school community to walk, scooter, cycle or travel by public transport for the journey to school
- Where a car must be used we ask all parents to drive only part of the way, park away from the school and walk the last part of the journey ('park and walk')
- We ask everyone to join in with WoW – Walking the whole journey to school or parking away from the school and walking as far as possible on Wednesdays
- We promote safe and active travel as much as possible by using our noticeboard, newsletter and website
- We provide cycle maps and a map of the local area (from the school office)
- We provide a school travel leaflet – showing public transport links and reminding our school community of the benefits of active travel

*Walking gets results. Studies at the University of Essex showed that exercise helped 10 and 11 year olds do better in exams*

*Travelling by more active modes of travel is one of the easiest and cheapest ways to build exercise into our daily routine*

*Physical activity can boost mental well being and change your outlook on life. It can help with anxiety and depression, and there's evidence to suggest it can prevent it occurring in the first place*



school in here –

an coordinator for a copy of a map with distance from school. Show parents that they are so far to walk!

### Address:

Lent Rise School  
Coulson Way  
Burnham SL1

### How to find

Lent Rise is located in a thriving community. The area has nearby motorways, paved, the roads are painted yellow, and a railway track with an underpass. There is a sign and flashing lights for pupils crossing.

*School travel is a part of our life. We travel is a part of our life. We are caring for our environment.*