

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.



Active Travel What is active travel?

Walking, cycling, scooting, and Park & 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.



Park & Stride

Park & 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'

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