



THE WAY TO GO



Get active on the school run

We want to encourage everyone to travel in more active and sustainable ways, eg. walking, cycling, wheeling, scooting and the use of adapted cycles.

What are the benefits of active travel?

Health

- Increased fitness
- Supports mental wellbeing

Environment

- Improved air quality
- Decreased greenhouse gas emissions

Safety

- Fewer cars around the school
- Increased space for the school community to travel actively

Community

- Opportunity to learn road safety skills and increase awareness of environment

Our school is working with The Way to Go Suffolk team to support us in delivering safer and healthier school streets.

How can you support your child to actively travel to school?

Park and stride

Park a short distance from the school and walk with your children the rest of the way. This is a great way to get some exercise and fresh air!

Adult and family cycling sessions

Not confident cycling with your children to school? Book onto one of our FREE adult and/or family cycling sessions!

Contact: cyclisttraining@suffolkhighways.org for more information.

Walking bus

A walking bus is where children walk to school accompanied by adult volunteers, stopping at 'bus stops' to pick up more children.

This is a great way for children to walk and socialise with each other as well as giving them an opportunity to increase their road safety awareness.

Make the walk to school fun!

A few ideas:

Scavenger hunt – put together a list of objects for your child to find during their walk to school (can they spot a post box, flower, butterfly?)

Living Streets (a charity for everyday walking) have published a booklet filled with activities to do during your walk to school. Access it through their website livingstreets.org.uk/walk-to-school/primary-schools

Please do not idle!

Research shows that idling engines produce up to twice the amount of exhaust emissions compared to when a vehicle is moving. Children are particularly vulnerable to the effects of pollution as they are smaller, and they are still developing.

Please could all parents and carers switch off their engines when dropping off or picking up their child from school.



If you have any questions or would like any more information regarding anything in this leaflet, please feel free to speak to us at school or you can contact The Way to Go Suffolk team via email: thewaytogosuffolk@suffolk.gov.uk

