



'One big family'



School pupils, of all ages, benefit from physical activity. They require 60 minutes per day of which 30 minutes should be within the school day. Active travel to and from school will provide the additional 30 minutes,

Many families have encouraged daily walks and cycle rides throughout lockdown and continue to as we move through this recovery stage, as advised by the government. This can be maintained by your daily travel to and from school. Please do not return to bad habits and hop in the car.

The benefits of more children walking, cycling and scooting to school are proven, they will be happier, more alert and ready to learn, increased independence, social skills, road safety aware and fitter. Even families that live further afield and need a car for part of the journey, parking and walking the last part is important. The benefits to our school, for residents, staff and all families will be less congestion, safer school entrances and cleaner air. Parents are being urged to put safety first by parking responsibly during drop-off and pick-up times. Parking on the pavement can obstruct and seriously inconvenience pedestrians, people in wheelchairs or with visual impairments and people with prams or pushchairs. There is also less room to social distance if cars are parked inconsiderately. If driving to school is essential, PLEASE park at the village hall and walk over to school.

If any parents would be interested in starting up a walking bus again, we would be delighted to hear from you. The walking bus is a group of volunteers that safely walk the children over to school from a designated point. Parents can drop their children off and carry on with their morning journey. The walking bus could start at the Pigot or another designated place in the village with a range of collection stops. Once upon a time the walking bus had many passengers, it would be lovely to see it again.



Unlike walking to school, cycling and scooting requires a little more thought, but the benefits are huge. Cycling and scooting are fun, fast and cheap for families. Pupils/parents should take the time to plan and pre-ride the journey, places are available to leave your scooters and bikes at school under the canopy by Y1. Please ensure that no more than two children are in the cycle/scooter park at once. Bikes and scooters are left at school at your own risk. Children must wear a helmet if cycling.

The Local Authority have completed reviews of travel to and from all schools in the local area. There will be around 112,000 children making their way to school across Staffordshire next week. They hope to support the government guidance in the safe return by developing a travel to school action plan. Our data shows that 62% of our children were traveling to school by car last year even though 62% of our children do not live out of the village. There has been a lot written about the increase in traffic that will take place once schools return, particularly as significant changes have been needed in public transport. Please have a look at the travel map that has been produced for us and plan your journey. A few extra minutes will mean that you can enjoy walking and talking (in a socially distanced manner) to and from school. Please see further Active Travel information and videos by following the yellow, key information signpost, on our website.

ACTIVE TRAVEL

Tips to make the school run easier

If you'd like your child to walk, cycle or scoot to school but can't see a way around a problem that's getting in the way, use these tips to keep it stress-free!



Heading straight to work after?

Park and walk the last 10 minutes to avoid congestion and get to work on time.



Unwilling walkers?

Make every journey an adventure with games such as I Spy.



Nervous?

Map it out and try it out. Find out where the best crossing places are and find the quieter routes.



Raining cats and dogs?

Get the wellies out! Nothing like a good splash in the puddles to start the day in the right way!



Pushed for time?

Find buddies with other families and take it in turns to walk, cycle or scoot with them to school.



Too much too quick?

If you can't walk, cycle or scoot everyday to and from school, commit to a couple of days a week until your family get the active travel habit!



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