

minute

# 5 Walk Zone

Fitness • Family • Fun • Friendship • Future

We want every child and young person in Swindon to have the opportunity to walk, cycle or use the bus safely for their everyday journeys, particularly to and from school. We want them to grow up to be healthy, confident adults with the ability to make independent travel choices, whilst enriching their education and improving their local environment.

Promoting safer and smarter journeys to school.

**School Travel Advisor**  
01793 466335

**Road Safety team**  
01793 466399  
stars@swindon.gov.uk

**Walk4Life is part of the Change4Life** movement that has been set up to encourage families and adults to eat well, move more and live longer, by making small lifestyle changes that add up to big health benefits. Walk4Life is all about helping people move and walking is a great way to start. Almost everyone can do it, anywhere, at any time, and it's free - you can just get out there and start walking.

Walking is a great way to improve the general health of the whole family. It's a feel-good exercise that's also good for the environment.



It's one of the easiest ways for children to do their recommended 60 minutes of physical activity every day that gets their heart beating faster than usual. These 60 active minutes a day will help burn off energy and prevent excess fat being stored in the body. It also helps young muscles and bones grow properly. And for us adults we need to be active for 30 minutes 5 times a week so walking can really help you fulfil this in a cheap, easy and fun way.

# walk 4 life

This leaflet is available on the internet at [www.swindon.gov.uk](http://www.swindon.gov.uk) It can be produced in a range of languages and formats (such as large print, Braille or other accessible formats) by contacting the Customer Services Department.

Tel: 01793 445500 Fax: 01793 463331 E-mail: [customerservices@swindon.gov.uk](mailto:customerservices@swindon.gov.uk)  
Designed and printed by The Hub 01793 463112

Welcome to the

minute

# 5 Walk Zone

for

**Westlea Primary School**

Fitness • Family • Fun • Friendship • Future

Our aim is to reduce traffic congestion around the school, to improve safety for everyone and to encourage families to walk for at least part of their school journey.



**We are seeing more and more children travelling to school by car. In a recent survey we found that on average 50 children were brought to school by car each day and the majority parked on Langstone Way! This means the roads outside our school are getting more congested and dangerous. This is becoming a very SERIOUS situation! Something needs to be done.**

We could list many reasons for walking to school or leaving your cars at home but here are only three:

1. It's quicker than finding a parking space.
2. It makes walking to school and crossing the surrounding roads much, much safer for our school community.
3. It is better for our environment.

Please help and support the 5 minute walk zone. Thank you from the Children in Year 4.

**NHS**  
Swindon

walk 4 life

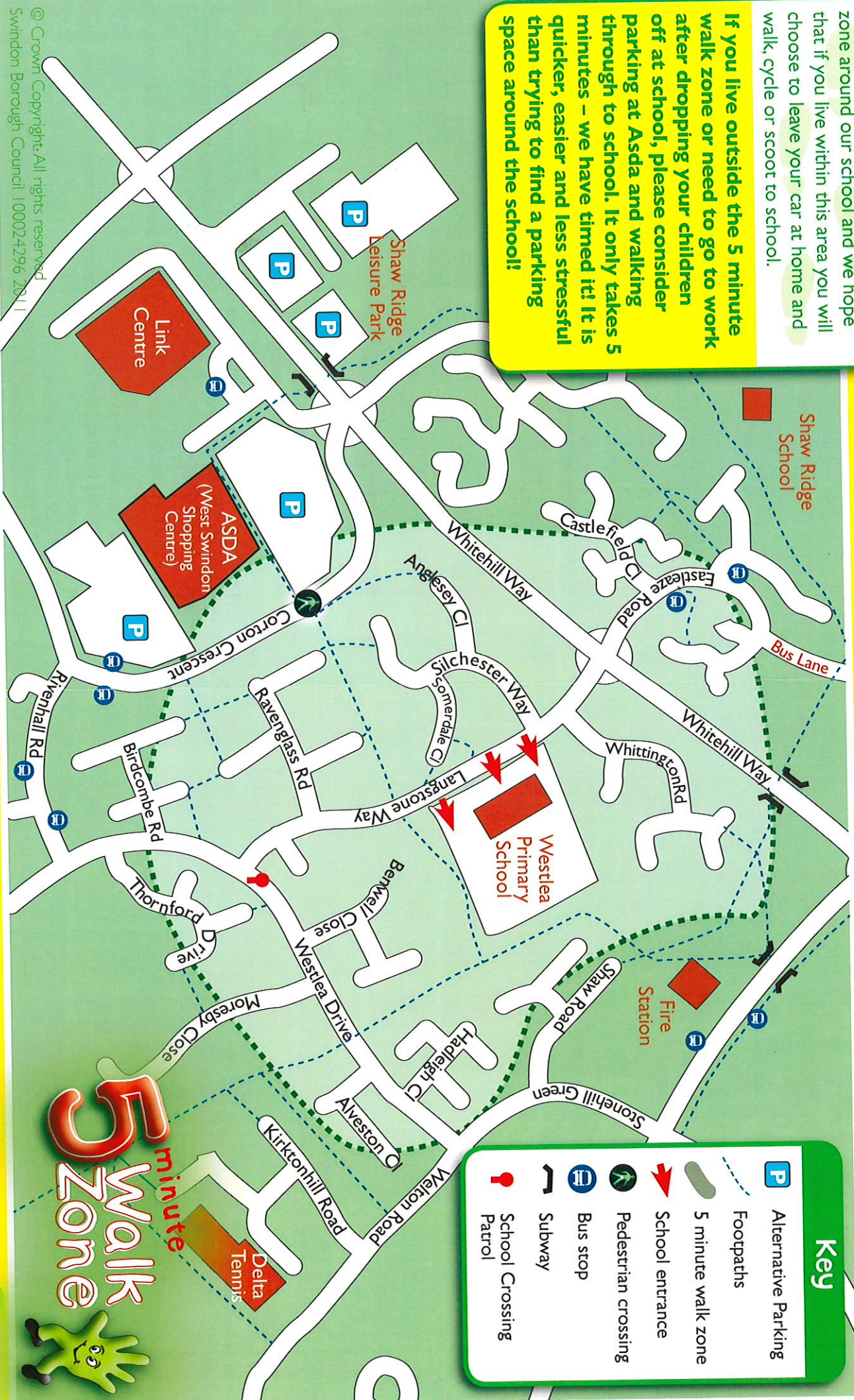


SWINDON  
BOROUGH COUNCIL

# Travelling to Westlea Primary School

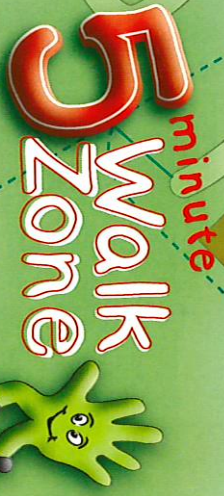
We have developed a 5 minute walk zone around our school and we hope that if you live within this area you will choose to leave your car at home and walk, cycle or scoot to school.

If you live outside the 5 minute walk zone or need to go to work after dropping your children off at school, please consider parking at Asda and walking through to school. It only takes 5 minutes – we have timed it! It is quicker, easier and less stressful than trying to find a parking space around the school!



**Key**

- Alternative Parking
- Footpaths
- 5 minute walk zone
- School entrance
- Pedestrian crossing
- Bus stop
- Subway
- School Crossing Patrol



Promoting safe, healthy and sustainable travel to school