

Travel to



**St Catherine's
Catholic Primary School**



Our school promotes walking and cycling because...

The school's objective is for everyone to become more active. Walking or cycling to school, even for just part of the journey, will count towards increasing your daily exercise.

Latest research shows that being active can help your child increase their levels of achievement. By walking or cycling the school community can help reduce the number of vehicles on the road and the daily congestion outside our school and surrounding area, especially during school start and finish times. It will also make travelling in our local area safer and healthier for everyone.

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. You can also talk to them about road safety and awareness on the journey.

Walking can be a good way to gather your thoughts and get you ready for the start of the school day, or 'unwind' after school. Remember, if you are walking you are exercising, which is also good news for your health.

Walking helps your children arrive at school wide awake and ready to learn.

10 REASONS TO WALK

It's a fun way to travel

Gives me more time to be with my friends

Makes me more independent

In the morning helps me wake up and be more alert for lessons

Helps me 'unwind' after a busy school day

It will help me become healthier and fitter

Creates a cleaner, less noisy environment

Makes the local area near school safer as there are less cars

Saves money on fuel costs

Lets me find out more about my local area

Please help us to reduce traffic and congestion near the school by walking, scooting or cycling. If you do have to come by car, consider parking a little further away and walking the last part of the journey. (The red and blue isochrones indicate 5 and 10 minute walks)

We're committed to encouraging a healthy lifestyle. Walking, cycling or scooting to school is a great way for children to learn vital safety skills and start the day with some exercise.

Visit www.swindontravelchoices.co.uk/travel-to-school

Park & Stride

It may not be possible for you to walk all the way from your home to school, but it may be very worthwhile to walk at least some of the way.

Avoid the stress of trying to park outside the school gates by parking a little further away from school and walking the rest of the way. Use this map to find somewhere to park at least five minutes away from school so that you can build some exercise into your day.

Walking is also good for the environment, helping to reduce traffic congestion and air pollution.



Swap four wheels for two; cycle or scoot

Riding a bike or scooter to school is one of the best forms of exercise for young people.

Cycling and scooting helps your child easily build physical activity into their daily routine.

Choosing 'two wheels over four' can potentially reduce fuel costs by more than £400 a year!

Physical activity supports brain power and performance in class.



Get involved

Everyone can work together to help our children and young people become more active and alert before school. It can help to boost educational achievement and attainment levels – the benefits of becoming active on the journey to and from school are huge!

Why not download the Living Streets 'Family Walk to School Kit' http://bit.ly/walk_kit for step-by-step tips for stress-free walks and safer streets.

