



GO FOR YOUR  
**GOAL**



**5 & 10 MINUTE  
WALKING  
ZONE**



If you're walking,  
you're exercising



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Church of England School**  
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High Wycombe HP11 2JU  
t: 01494 524220  
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Visit [www.activebucks.co.uk](http://www.activebucks.co.uk)  
to find activity near you.

## School Travel Plan

Our school has developed a Travel Plan to address the ongoing issue of traffic congestion and parking on the roads immediately surrounding the school site. Our children are great at walking and scooting to school but we are still looking at ways to increase the number of families travelling to school other than by car, and continue to develop and promote sustainable travel alternatives. We hope to encourage our children to adopt new travel habits and also to create a safer environment for them to come to school.

### 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're walking, you're exercising, which is good news for your health as well. And don't forget that walking is also good for the environment and helps cut congestion and pollution.

### WOW: Walk once a Week

Our schools are working with the UK charity, Living Streets, by taking part in their year-round walk to school challenge. Pupils record how they get to school on the WOW Travel Tracker and those who walk, cycle, scoot or park and stride at least once a week are rewarded with a themed badge each month.



When you  
walk you get  
exercise and  
fresh air.

## Active Travel

**What is active travel?** Walking, cycling, scooting and Park and Stride are all excellent forms of active travel. All of these modes of travelling to school are easy ways to increase daily physical activity and help maintain a healthy weight. Children who travel to school actively also benefit from valuable life skills such as road safety and independent travel, and reduce their risk of developing health problems such as type 2 diabetes, asthma and even mental health disorders.

By choosing active travel, the journey to school counts towards the recommended 60 minutes of daily physical activity for children. Some parents and carers find it hard to fit in active travel for the school journey every day, so why not try to walk, cycle or scoot just once or twice a week, or Park and Stride instead.



## Park and Stride

Park and Stride is a scheme where parents/carers park a short distance from the school and walk the rest of the way. This is ideal for those who live too far away from the school to walk or who need to continue their journey to work or to another school.

Next time you drive, try to Park and Stride from outside the Active Travel Zone or find a suitable place to park outside the 5 or 10 minute walking zones and walk, scoot or cycle the rest of the way to school – your active journey still counts! You may even find it takes less time than trying to find somewhere to park near the school gates.

We ask parents and carers to avoid driving within the Active Travel Zone to make it a safer, healthier and more pleasant area for walkers, cyclists and scooter riders.

## Footsteps to Road Safety

Footsteps is a road safety training programme for young children, which develops awareness of roads and helps them live safely with traffic. Children are taken into the local area with a trained tutor to observe the traffic and discuss road safety. Parents, Grandparents and Carers can help us to deliver this training by volunteering to become a tutor – if you'd like to be involved, contact the school office.

There are lots of resources on the THINK! website [www.think.direct.gov.uk](http://www.think.direct.gov.uk)



Walking is good  
for your heart,  
good for exercise  
and it stops  
pollution.

## Modeshift STARS

Modeshift STARS is a national schools award scheme, supported by the Department for Transport. The scheme recognises schools that demonstrate excellence in supporting cycling, walking and other forms of sustainable travel. There are three levels of accreditation – bronze, silver and gold.

Find out more at  
[www.modeshiftstars.org](http://www.modeshiftstars.org)



# High Wycombe C of E School

about 10 minutes walk

# 10

Good reasons to walk, cycle and scoot to school

Better health

Improved concentration on work

Social time with family and friends

Less pollution around the school

Save money on fuel costs

More awareness of road safety

Interaction with the local community

Improves overall mood

Reduces stress

Can be fun!



## Junior Road Safety Officers

Junior Road Safety Officers are our school travel champions. They help us to promote and encourage active, safe and sustainable travel. They are involved in assemblies and help monitor our Travel Tracker.

You get fit without having to find time to go to the park to runaround.



**KEY**

- School entrance
- Zebra Crossing
- No parking
- Bus Stop
- Footpath
- Public right of way
- Cycle Path

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