

# WALKING 10 & 15 MINUTE GOAL



Travel to  
**Wendover Junior School**  
and **John Hampden**  
Infants

Walking to school keeps you fit!



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Visit [www.activebucks.co.uk](http://www.activebucks.co.uk)  
to find activity near you.

## 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. Don't forget that walking is also good for the environment and helps cut traffic congestion and pollution.

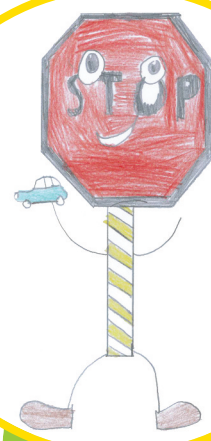
## School Travel Plan

Our schools have been awarded Silver (JHS) and Gold (WCEJS) Modeshift Stars Awards and WCEJS were also awarded School of the Region 2016. Our children are great at Walking, Scooting and Cycling to school. However, we are maintaining our Travel Plans to address the ongoing concerns of parents/carers and local residents about traffic congestion on the roads immediately surrounding the school campus during busy drop-off and collection periods. We are looking at ways to increase the number of families travelling to school by means other than by car and decrease the number of parents/carers who choose to compromise children's safety by parking inconsiderately, illegally or dangerously.

We are continuing to develop and promote safer and sustainable alternatives. We hope to encourage our children to adopt new travel habits and also to create a safer environment for our children when they come to school.

## Our School Crossing Patroller

A crucial and highly effective part of our School Travel Plan. Our patrollers play a key role in keeping children safe by providing a safe place to cross at peak times. To enable them to do their job safely and effectively, it is essential that all parents and carers observe the **SCHOOL KEEP CLEAR** yellow zig-zag areas and **never** park in the immediate area around the crossing patrol.



"I like walking because it gets me out in the fresh air doing exercise and ready for school."

Ella Y3

It's fun riding my scooter to school

## Active Travel

What is active travel? Walking, cycling, scooting and Park & 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 walking, cycling or scooting just once or twice a week, or Park & Stride instead.

## Park & Stride

Park & 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 & Stride from outside the Active Travel Zone. Our recommended Park & Stride points are St Anne's Hall and the Library car park. Don't worry if you live within the Active Travel Zone, i.e. along Wharf Road, Manor Road and their side roads – your active journey still counts! 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.

## Our School Values

Travelling sustainably together gives our children a strong sense of belonging to the community. Our School Travel Plans reflect our collaboration to reduce the number of cars on the road and to respect the environment as well as our neighbours. Our pupils show both perseverance and resilience, travelling sustainably in all weathers on their healthy journeys to and from school.

## 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. Look out for our JRSO's in school and around the Schools' Campus throughout the year.

## WOW

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 & Stride at least three times per week are rewarded with a themed badge each month.



## 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)





# Wendover Junior School and John Hampden Infants

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!



"Walking is healthy because if less people go in the car in one village, then the whole world benefits from less pollution."

Daniel YS

## What about Wheels?

Many children enjoy scooting and cycling to school. If you do, please:

- **Get trained** – learn how to ride safely and keep control of your scooter or bike
- **Protect your head** – always wear a properly fitted helmet
- **Be seen** – make sure you wear bright, fluorescent and reflective clothing

## The Big Pedal

Every year we take part in this national scheme to encourage families to cycle or scoot safely to and from school. Over the two week event, we count the number of children cycling and scooting and upload the results, joining hundreds of other schools around the country in The Big Pedal challenge.



about 15 minutes walk

about 10 minutes walk

Active Travel Zone

Wendover Church of England Junior School

John Colet School

John Hampden School Wendover

Wendover-Free Church/ St Anne's Church

Library

WENDOVER

## KEY

- ◆ School entrance
- STOP School Crossing Patrol
- P Park & Stride
- ⚡ Pedestrian Crossing
- ⚠ Safe road crossing
- Bus Stop
- Public right of way
- Cycle Path