

# Is your school travel smart?



Studies show that fewer children are walking and biking to school, and more children are at risk of becoming overweight.

Changing behaviors of children and parents requires creative solutions that are safe and fun.



## What are the benefits of active travel?

- Improved environment around the school with less traffic, pollution and noise
- Promotes active travel and increases exercise levels in children
- Children can learn essential pedestrian skills
- Parents can save time by avoiding congestion around the school
- Provides opportunities for schools to demonstrate to the community that they are actively addressing parking and congestion concerns.

Middlesbrough Council Road Safety Team can offer advice on encouraging sustainable travel through schemes such as:

### Park and Stride

#### How does it work?

A Park and Stride scheme allows parents/ guardians to leave their car in a pre-arranged location and walk the remaining distance (usually 5-15mins). Schools identify a car park, such as a supermarket, church or pub, within a short walk of the school. After obtaining permission from the land owner for parents to use the car park, it is promoted and launched as an official Park and Stride site.

Children can get the benefits of walking some of the way to school and congestion around the school gates is reduced for everyone.

### 5 Minute Walking Zone

#### How does it work?

A 5 Minute Walking Zone is excellent to encourage parents and children to change their habits by parking away from the school gates and walking the rest of the journey to school.

We know that lots of parents waste valuable time in the morning trying to find somewhere to park the car - by parking outside the walking zone they can spend this time walking to school instead.

Not only does the walking zone keep the area around the school safe for children it also helps schools to develop better relationships with their neighbours and benefits the whole community.

### Walking Bus

A formal Walking Bus is not actually a bus! Children walk to school in an organised group with registered parent volunteers looking after them.

This means parents don't all need to walk with their own children every day, but the children can still get the benefits of walking all the time.

#### How does it work?

- It's basically 'taking it in turns to walk the kids to school' at a fixed time along a fixed route. The volunteers are usually parents or carers of the children participating
- Alternatively, there may also be members of staff from the school helping to organise and lead the 'bus'
- Participants wear high vis waistcoats which helps make the group more visible to the adult leaders and any drivers in the area
- The scheme is also risk-assessed by Middlesbrough Council for safety and insurance
- Registration forms are completed by parents and pupils to ensure everyone understands how the scheme operates
- A Walking Bus may be linked in with a Park and Stride scheme to make it accessible to those who live far away



For any road safety advice relating to your school please contact:

lynn\_hepworth@middlesbrough.gov.uk or justin\_goult@middlesbrough.gov.uk

# Let's get cycling!



This is a great time to encourage pupils to cycle to school. More families have recently taken up cycling in their leisure time, but let's not forget that cycling also doubles up as a practical means of transport and a fun form of exercise, helping children meet NHS physical activity guidelines.

More cycling and fewer car trips mean that pupils suffering from respiratory conditions such as asthma will benefit from cleaner air, and cycling helps pupils build up their road skills and gives them a sense of independence and achievement.

Schools can encourage cycling by ensuring pupils are aware of the school policy/rules around cycling and ensuring that cycle shelters are maintained.

Of course schools and parents want to know that pupils are cycling safely, and our offer of Bikeability training to all primary schools can help with this. We can also advise all schools on developing a home to school cycling agreement.

It's a good idea to remind pupils to maintain their bikes through a simple 'M check.' Further information - including a handy video - can be found at:

[www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/the-m-check-for-your-bike-in-11-steps](http://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/the-m-check-for-your-bike-in-11-steps)



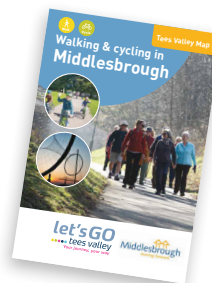
It's a common belief that you have to cycle to school on the same busy roads that people drive along, but there are often alternative routes on quieter roads or even traffic free cycle paths that you can use instead.

Useful journey planners and cycle maps can be found at:

[www.letsготeesvalley.co.uk](http://www.letsготeesvalley.co.uk)

Of course not everybody wants to cycle to school. There is plenty of advice for pedestrians at:

[www.livingstreets.org.uk](http://www.livingstreets.org.uk)



We offer practical cycle training through our Bikeability programme for year 5/6 pupils and practical pedestrian training for year 3 pupils.

Both are free and delivered through our partnership with Middlesbrough Environment City.

*For further information or to*

*book contact:*

*[margaret.tonkin@menvcity.org.uk](mailto:margaret.tonkin@menvcity.org.uk)*

## Cycle to Work scheme - help staff get cycling!

Purchase a bike and equipment with up to 42% savings!

Plus, make payments over a 12 month period direct from your salary.

*Please visit [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk) for further information and how to apply.*



For any road safety advice relating to your school please contact:

[lynn\\_hepworth@middlesbrough.gov.uk](mailto:lynn_hepworth@middlesbrough.gov.uk) or [justin\\_goult@middlesbrough.gov.uk](mailto:justin_goult@middlesbrough.gov.uk)

Middlesbrough  
moving forward

# Road safety



## Road safety is an issue that affects everyone, we all need to use the roads whether we are adults or children.

Most of us use the roads every day as pedestrians, cyclists, drivers or passengers in cars. It is absolutely vital that we all have the knowledge we need to safely travel on the road, especially when travelling with young children.

Middlesbrough Council's Road Safety Team has considerable experience in delivering road safety education to children of all ages, and is available to offer free advice to your school on:

- Encouraging and promoting sustainable travel to your pupils
- Helping your pupils learn how to be road smart however they travel

Contact [lynn\\_hepworth@middlesbrough.gov.uk](mailto:lynn_hepworth@middlesbrough.gov.uk) or [justin\\_goult@middlesbrough.gov.uk](mailto:justin_goult@middlesbrough.gov.uk) for more details.

## Junior Road Safety Officer (JRSO)

Has your school signed up to our fun JRSO scheme?

The JRSO scheme is an effective and popular way to get serious road safety messages across to children and provides an opportunity to develop your pupils' communication skills. Year 5 and 6 pupils have the opportunity to deliver important road safety messages to the entire school community in a fun and innovative way.

Pupils are selected by their school to be JRSOs and help promote road safety issues within the school and their community. There are a range of informative, colourful and engaging resources available to help your JRSOs provide this information to their peers.

opportunity for your pupils to develop skills such as planning, communication and independent working.

A teacher or teaching assistant should be nominated by the school to act as a school guide and to offer advice and support to the JRSOs.

Schools usually appoint two JRSOs from pupils in years 5 and 6. Once the JRSOs have been appointed, they are supported by the road safety team and are provided with campaign ideas, resources and competition prizes if required.

While the ideas and activities in the pack will give the JRSOs a good starting point, the scheme is flexible and they may come up with their own ideas.



The scheme involves minimum input from teachers with the main emphasis being placed on the appointed JRSOs, providing a great



# Useful web links

The following websites are useful resources for teachers and parents to help promote road safety.



THINK! has published a new interactive version of its Tales of the Road educational resource for young road users. Many people have enjoyed more walking and cycling than usual during lockdown - and many families are being asked to consider whether they can walk or cycle as pupils begin returning to school, meaning now is a great time to bring road safety to life for children.

THINK! can be accessed and completed online, or downloaded, allowing progress to be saved and continued another day. This makes the resource perfect for children to revisit, whether they are learning remotely or in the classroom when school resumes in September.

Features of the updated Tales of the Road include:

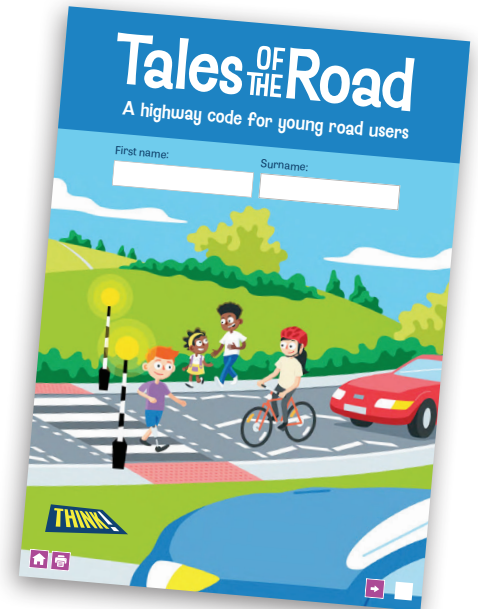
- Interactive question and answer sections, with name personalisation
- New, updated images
- Green Cross code reminders
- REMEMBER! Key safety tips
- Glossary with additional words and definitions

### THINK! Tales Of The Road:

[think.gov.uk/wp-content/uploads/2020/07/Tales-of-the-Road.pdf](http://think.gov.uk/wp-content/uploads/2020/07/Tales-of-the-Road.pdf)

### THINK! Free Education Resources:

[think.gov.uk/education-resources](http://think.gov.uk/education-resources)



### Cycling UK

Cycling to school advice and tips:  
[cyclinguk.org/category/tags/cycling-school](http://cyclinguk.org/category/tags/cycling-school)



### Bikeability

Resources on gaining practical skills and understanding how to cycle on today's roads:  
[bikeability.org.uk](http://bikeability.org.uk)



### Good Egg Guide

Resources on in-car safety advice:  
[goodeggcarsafety.com](http://goodeggcarsafety.com)



### Sustrans

Charity making it easier for people to walk and cycle:  
[sustrans.org.uk](http://sustrans.org.uk)



### Living Streets

Charity aiming to achieve a better walking environment and inspire people to walk more:  
[livingstreets.org.uk](http://livingstreets.org.uk)



### Lets Go Tees Valley

Tips and info on your travel choices:  
[letsgoteesvalley.co.uk](http://letsgoteesvalley.co.uk)

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