**Great Resource for:**
Healthy Schools
Climate Action Plans
Eco Schools




# How to plan your journey

so your children are healthier, happier, safer, more independent and ready to learn.

**A guide for parents (and ideal for children and schools too)**

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inspiring active travel



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## WALK

Most children walk to school… especially if they live nearby. It's easy, it's free and it means they grow up to be healthy, resilient and independent. Whilst they are young they will need to walk with an adult but as they get older, get familiar with their route and gain road sense you will be able to judge the time when they are able to walk alone.

### WALKING TIPS

New school? Try and time a test walk to see the best route and find the safest places to cross.

Need a buddy? Pair up with another family who already walk and make it more sociable.

Too busy some days? Ask about a walking bus scheme for your school where parents take it in turns to walk the children to school.



## CYCLE

Cycling is a great option if there is a safe cycle route to school. It's not just for sporty people - it's for anyone. You will need to accompany younger children so you can get fit too. Did you know, cycling regularly reduces your risk of cancer by 45%?!

### CYCLE TIPS

Find out about secure cycle storage at your child's school.

Most primary school children are offered cycle training to increase their safety and confidence.

If your route to school is not safe enough to cycle, take them out on bikes at the weekend instead.






## PARK AND STRIDE

If your school is too far away to walk, cycle or scoot to, or if you have to go straight on to work, Park and Stride is a great option. You drive most of the way and park 5 or 10 minutes walk from the school so your children still get the benefits of walking to school… and you are part of the solution, not part of the problem.

### PARK AND STRIDE TIPS

Look at a map or around your school area to see if there are any good places to park away from the school gates.

Ask your school if they have any agreements with local shops or pubs to have use of their car park for this.

Try pairing up with other families in your neighbourhood who have to drive so you can share lifts and Park and Stride.

## BUS

It's a real sign of independence if your children are able to take a public bus on their own. This option obviously depends on where you live and you may already have a free bus if your nearest school is over two (for under 8s) or three miles away.

### BUS TRAVEL TIPS

Use googlemaps to find out if there is a bus route to your child's school.

Travel with your child to start with and then later consider letting them travel with a trusted older child who is going the same route.

A bus trip is a great school holiday activity idea, especially for children who usually go everywhere by car and the bonus is it teaches them how to travel independently (less need for 'mum or dad taxi' in future!).



## SCOOT

Scooting to school is fun and easy. It's another great way to get exercise so your children arrive at school refreshed and ready to learn. Teach them basic scooter skills like stopping to check driveways before they head off.

### SCOOTING TIPS

Younger children love scooting but may drop the habit as they grow - remind them scooting is for all ages.

Electric scooters sound great but are not (yet) legal on UK roads or pavements - and they don't make you any fitter.

Ask your school about scooter storage and training.




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This guide was produced by our team here at Brightwayz. We are a not-for-profit social enterprise supplying products, providing information and running projects to promote safe, active, sustainable everyday travel - walking, cycling, scooting, road safety and using public transport.

For more active travel ideas for children and schools, products to support your campaigns and to download this flyer, visit our schools and families section of our website: www.brightwayz.co.uk/brightkidz

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