

Travel to Birches First School



Please use this
bespoke travel map to
plan your active travel
journey to school.



@ActiveTravelStaffs

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www.staffordshire.gov.uk/activeschooltravel

Designed by Pindar Creative www.pindarcreative.co.uk

Planning your journey

Plan your school journey using the map provided. If you have a School Crossing Patrol on your route, use these for safe crossing points along with other safe areas to cross.



Modeshift STARS Travel Plan

Modeshift STARS is a national schools' award scheme. It recognises schools who demonstrate excellence in supporting walking, cycling and other forms of sustainable travel.

www.modeshiftstars.org



Park and Stride

Even if parents must drive some of the journey to school, it is possible to finish the last part of the school journey by foot, or even scooter enjoying the benefits of active travel.

Over a third of parents say that their walk to school is where they find out most about their children. Don't miss out on this by parking too close to the school, do your bit for you, the school and your child.

Don't park close to the school or leave the engine running – idling is dangerous for other road users and pedestrians. An engine running for 1 minute can fill 150 balloons with pollution. Be Air Aware and school site friendly.

Active Travel

Active travel on your journey to and from school, either walking, scooting or cycling, will provide your child with half of their recommended daily exercise. They are the easiest ways to get moving and active and suitable for all ages.

- Active travel:
- helps children develop road safety skills.
 - keeps the local air clean and streets traffic free.
 - gets children arriving at school more alert.
 - is free! Think of how much money you can save by leaving the car at home.

Cycle & Scoot to School

Cycling and scooting is quick and easy. Here are some top tips to help you plan your journey to school:

- Plan and practice your route, using cycle paths where they are available.
- Be safe and be seen by wearing visible clothing and looking always when sharing roads or paths with other users.
- Check your bike or scooter and secure it safely.
- Bikeability training is available in schools, ask your school for more information and check out www.bikeability.org.uk for more top tips.

Get Involved

Throughout the school year, your school will be encouraged to take part in travel campaigns e.g. walk to school, be bright be seen, bike week, scooter competitions and many more activities. We will also ask for information on how children travel to and from your school to help set initiatives.



**It only takes
around
20 minutes to
walk a mile**



