

## TRAVEL TO

### Willow Lane Community Primary School



At Willow Lane School we know that walking or cycling to school is:

- good for our physical health.
- good for our mental health.
- good for the environment.
- takes pressure off public transport.
- gives time for conversation.
- links us to our local environment.

Further road safety resources are available on [www.saferschools.lancsngfl.ac.uk](http://www.saferschools.lancsngfl.ac.uk)



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## Your School

Your school encourages children, their parents and carers to think about using more sustainable ways of travelling to and from school each day.

By walking, cycling, scooting and using public transport, you can help to keep yourself and your children, healthier and fitter, as well as making your journeys to school kinder to the environment.

This will also help to reduce parking issues and help to make the area outside school a safer place to be.

**It takes around  
20 minutes  
(2,000 steps) to  
walk a mile**



## Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier.

Right Start Child Pedestrian Training is available for all primary schools in Lancashire to help children to gain the skills needed to keep themselves safer when walking. If you are unsure as to whether your school is taking part in the pedestrian training please ask at reception. They can contact the Safe and Healthy Travel Team on **01772 537960** or email [safetravelteam@lancashire.gov.uk](mailto:safetravelteam@lancashire.gov.uk) to organise.

Walking to and from school is a great way to start and end the day, you will have more time to chat with your child about their day.

**20 minutes of exercise each day can make you healthier!**

It's easy to fit walking into your daily routine, even if you live more than one mile away from school. Why not try:

- Getting off the bus one or two stops earlier than you need to and continuing on foot?
- Parking the car a little further away and continuing on foot?

This map will help you plan your route if you decide to walk all or part of the way.

## Cycling

Cycling or scooting to school is one of the easiest ways to get some daily exercise. With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

**Don't forget to wear a helmet when cycling or scooting.**

Your children have access to Bikeability (training to enable them to become, safer, more comfortable cyclists). **Module 1 workbooks (theory before cycle training) are also available at their school.** If you are unsure as to whether your school is taking part in this please ask at reception. They can organise this by contacting the Safe and Healthy Travel Team.

## Public Transport

If you take the bus instead of using the car, you're helping to make it safer around the school gates where parking is restricted. Teaching your child how to use the bus will help them to become more independent.

Why not get off the bus a stop earlier to give yourself an energy boost, ready to tackle the day ahead!

Using public transport is great for the environment too! Fewer cars on the roads means that there's less pollution and congestion.

**You can probably get  
to school more  
quickly too!**



**Exercising in the  
morning can  
help you feel happier  
and concentrate  
more!**

