

Travel to

Birch Hill Primary School



**You can be exposed to less air pollution when walking, cycling or scooting than if you were inside a car stuck in traffic**

### Park and Stride

It may not be possible for everyone to walk, scoot or cycle to school. If you have to drive you can help reduce congestion and improve air quality and safety by parking a short walk away.

Rather than hunting for a spot directly outside school, try to find a safe and considerate location a little further away – some schools have designated ‘park and stride’ locations. You and your child will still gain some of the health benefits and street skills walking can bring.

If you’re feeling energetic, why not scoot the last part of your journey and turn the park and stride into a park and glide!



### Parents

We all want the best for our children

Let’s send them to school fit, happy and ready to learn.

Walking, cycling or scooting to school counts towards their recommended daily hour of exercise; it helps build strong muscles and bones and can tackle obesity. It can also help clear the mind, lower blood pressure and boost mood. Studies show children who walk or cycle to school rather than being driven by their parents have an increased power of concentration, which lasts all morning!

### Show your child you care about their future

Walking, cycling or scooting reduces pollution and congestion. Not taking the car improves the local air quality and helps tackle global climate change. It’s also a chance for children to learn key road safety skills and risk awareness; those skills will become really important when they transition to secondary school.

### You win twice!

Not only will you get all the health and wellbeing benefits, leaving the car at home means no stress looking for a parking place and up to £400 a year savings in fuel costs.

If you genuinely live too far from school and the car is the only option, please park away from the school, in a considerate place, and walk or even scoot from there. Your child’s school may have a dedicated ‘park and stride’ location so please ask.

### Thank You

If your child already walks, cycles or scoots to school then thank you.

**If not, it’s never too late to start!**



### Traffic-free Cycling

The borough is blessed with over 60 miles of traffic-free cycleways. Many of our primary schools are directly served by these routes and have secure cycle storage in the school grounds. So, if you and your child own a bicycle this can be a great way of building regular exercise into your daily routine.

To help you plan your route to school download a cycle map from the cycling page of the council’s website or pick one up from your local library.



**Primary school children in Bracknell Forest live, on average, just over 1,100 metres from school. That’s a distance which can typically be walked in around 15 minutes**



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