



# BRACKENWOOD INFANT SCHOOL

## Active Travel Guide

At Brackenwood Infant School, we believe that exercise is key to the physical and mental health of our children. We encourage all children and parents/carers to travel to school actively when possible.

### What is Active Travel?

Active Travel means that you and your children travel to and/or from school in an active way—e.g. walking, cycling or scooting.

Whilst we understand that work and time pressures might mean you have to drive to school, we also ask that, where possible, you consider active travel.

#### The benefits of Active Travel :

- Travelling to school in an active way (walking, cycling, scooting) can increase the concentration of children by up to four hours
- There is a positive relationship between physical activity and academic performance
- 15 minutes exercise can significantly improve a child's mood, and can help reduce anxiety and stress.
- Children who walk, cycle or scoot to school from an early age have more road sense and an improved ability to travel independently and safely



#### Some facts :

- 1 in 5 cars on the road during peak morning times are involved in the school run
- A 10 minute walk will take 3 minutes by bike
- A 30 minute walk uses about 150 calories - about the same as 3 apples, a slice of pizza or a Creme Egg!

# Living Streets

In our school we are lucky enough to have free access to the fantastic Living Streets programme. This allows our children to record how they travel to school every day.

Children who travel to school in an active way on a regular basis receive badges as reward for their efforts. The data recorded also allows us to monitor how our children travel to school.

## Some Stats :

- 60% of our children live within 1/4 a mile of the school
- 84% of our children live within 1/2 a mile of the school
- Based on 2019 data (2020 and 2021 data is inaccurate due to Covid-19 restrictions), just over 50% of our children travelled to school in an active way.



A Living Streets badge!

Living Streets also promote '**Park & Stride**', which is where you park a 10 minute walk from school. This has 2 benefits - you reduce the amount of traffic congestion around the school, and your child has 10 minutes exercise before school. Look out for more information about Walk To School week in May! You can read more at [www.livingstreets.org.uk](http://www.livingstreets.org.uk).

## Safer Parking

**Sometimes, due to work or time pressures, we understand you have to drive and park near to school in order to drop off or pick up children on time.**

If you have to do this, we ask that you consider other road and pavement users and park as considerately and safely as possible.

- Please do not park in front of gates or driveways, please consider our local residents
- Please do not park on pavements, as this makes it difficult for people with pushchairs or wheelchairs to pass by, and can be a hazard for other vulnerable pavement users, e.g. people with visual impairment.
- Dropped Kerbs - please do not block these, as they are essential for kids on cycles, and people with pushchairs or wheelchair users.
- Junctions - please observe the Highway Code and do not park within 10 metres of junctions, as this can cause visibility issues for other driver, and can make it difficult for pedestrians to see clearly when crossing the junction.
- Lines/Zig-Zags - the zig-zags are there to ensure emergency services have access to the school, and to ensure children can be seen when crossing. Please do not park on these.



- On Pulford Road, at the junction with Acres Road, there are white hatched lines. We have confirmation from Wirral Council that it is an offence to drive through or park on these.
- Please do not speed. The areas around the school are busy with children from our school and others, including secondary school children on cycles. Please slow down and be vigilant. **20 Is Plenty!**

Thank you for reading our Active Travel Guide. If you have any questions please contact the School Office.