

Looking after your child, looking after where we live

Over 75% of our families currently walk, cycle or scoot to school. We are really proud of this but we want to encourage even more families to make green choices about their school journey. Here are some of the reasons why we would like you to think about how your child makes the journey every day:

- It's recommended that children are physically active for at least 60 minutes a day, including at least 30 minutes out of school. Walking, cycling or scooting is an easy way to ensure your child is active outdoors- and you too!
- Driving to/ from school is often very stressful as it can be hard to park or you can get caught up in traffic congestion. It often ends up taking at least as much time as if you had walked!
- Walking, cycling or scooting is an easy way to spend quality time talking with your child about their day and the world around them.
- Walking, cycling or scooting is a sociable way to travel to school- meet up with other families along the way!
- Recently-published research shows that long-term exposure to man-made air pollution in the UK has an effect equivalent to 28,000 to 36,000 deaths a year, including coronary heart disease, strokes, asthma and lung cancers. Reducing car usage will improve air quality across our town, benefitting everyone.
- Our local residents help us to look after school by keeping an eye on the premises after hours when nobody is here. We want to repay them by reducing the inconvenience that lots of on-street parking at the beginning and end of the school day can cause them.
- The planet is on the brink of catastrophic climate change. Reducing car usage is one way you can help to protect the planet and your child's future.

How does school support families to make greener travel choices?

- We provide secure scooter and bicycle racks for pupil use.
- There is a pelican crossing to enable safe crossing of Bradford Road near West Chevin Road, and an underpass that traverses the A660- **please use these when travelling to/ from school.**
- A safe walking route is demarcated along Bradford Road/ Piper Lane to encourage families to use the pelican crossing.
- Every year, all pupils receive pedestrian and/ or scooter training so that they know how to keep themselves safe when travelling to/ from school.
- Y6 receive Bikeability training to Level 2, which includes cycling safely on local roads.
- There are 3 parent shelters at school to protect you from the weather if you arrive when it is raining.
- We promote active travel through a daily Travel Tracker, which rewards children who choose active travel at least once a week, every week (see next page)

Travel Tracker

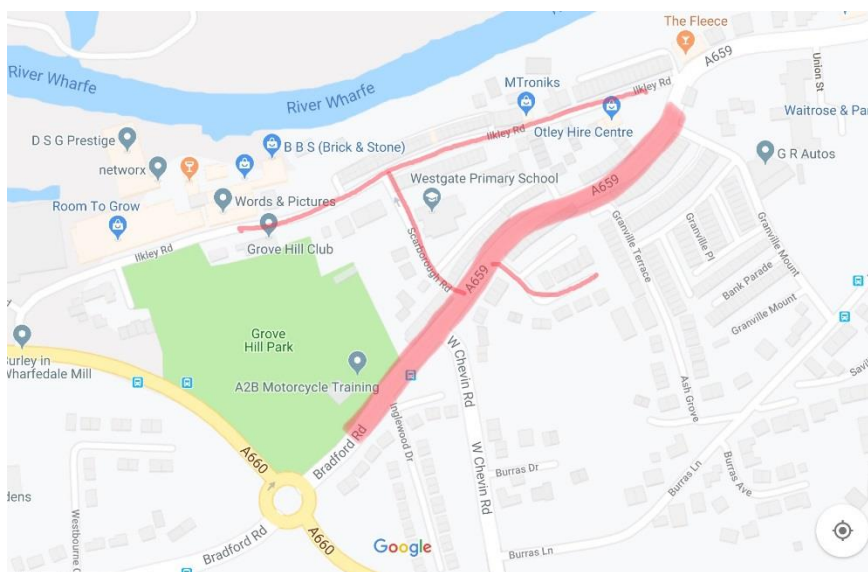
Each day, children record their journey to school using a nationally recognised scheme, [Living Streets Travel Tracker](#). They can earn a badge for each month they choose an active mode of travel, at least once a week, every week.

Active Travel Choices are:

- Walking
- Cycling
- Scooting
- Park & Stride
- Hop Off

Q What is Park & Stride?

Park & Stride is ideal for those families who need to drive because of their onward journeys after school drop off. Park a bit further away than the usual parking spots and walk the last part of your journey. **Waitrose** is an ideal place to Park & Stride from as it has lots of space and is free without restrictions for one hour, and there is a safe walking route (*Waitrose- alongside GR Autos- Jennetts Crescent- ginnel to Richmond Terrace- Ilkley Road- Pelican Crossing- Scarborough Road*). This map shows you the areas next to school which are **not** eligible for Park & Stride:



Please remember that Grove Hill Club's car park is for members only at all times.

Q What is Hop Off?

For those of us who travel by bus, Hop Off is getting off one or two stops earlier and walking the last part of your journey.

You can find out more about school travel on the school website under 'Sustainability'.

Please think about starting your child's time at Westgate with healthy travel choices, as good habits are easier to keep if they start straight away.

Thank you ☺