



5 & 10 MINUTE WALKING ZONE



Travel to Stoke Mandeville Combined School

It takes around 20 minutes to walk a mile



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Visit www.activebucks.co.uk to find activity near you.

Why walk to school?

Walking is a great way to get to school. You get plenty of fresh air and time to talk to your family. Maybe you could arrange to meet up with other families and walk with your friends.

Walking can be good to gather your thoughts and get you ready for the start of the day, or let off steam at the end.

Remember, if you're walking, you're exercising, which is good news for your health as well. And don't forget that walking is also good for the environment and helps cut congestion and pollution.

Travel plan aims at Stoke Mandeville Combined School

Our school has developed a Travel Plan to address the ongoing issue of traffic congestion on the roads immediately surrounding the school site. We are also very proud that our school has been awarded Gold in the Modeshifts Stars Awards. We are looking at ways to increase the number of families travelling to school by means other than by car, and continue to develop and promote sustainable travel alternatives. We hope to encourage our children to adopt new travel habits and also to create a safer environment for our children to come to school. Travelling sustainably together gives our children a strong sense of belonging to the community.

Junior Road Safety Officers

Junior Road Safety Officers are our school travel champions. They help us to promote and encourage active, safe and sustainable travel. Look out for our JRSO's during events like Walk to School Week, Bike Week and more.

"I walk to school because it is good exercise and I get to walk with my friends"



When you walk you are not putting poisonous gasses into the air.

It's fun to ride my scooter to school

Park and Stride

Park and Stride is a scheme where parents/carers park a short distance from the school and walk the rest of the way. This is ideal for those who live too far away from the school to walk or who need to continue their journey to work or to another school.

Next time you drive, try to Park and Stride from The Bull (NO parking at The Bull pm) or perhaps you know another suitable place to park outside the 5 or 10 minute walking zones and walk, scoot or cycle the rest of the way to school. You may even find it takes you less time than trying to find somewhere to park near the school gates.

What about Wheels?

Many children enjoy scooting and cycling to school. If you do, please:

- Get trained – learn how to ride safely and keep control of your scooter or bike
- Protect your head – always wear a properly fitted helmet
- Be seen – make sure you wear bright, fluorescent and reflective clothing

Car Share

Car share refers to two or more people from outside the same family sharing their journey. This can help to cut congestion outside the school gates. Why not share your journey with another family.

Our School Crossing Patroller

Our School Crossing Patroller is a crucial and highly effective part of our School Travel Plan. Our patroller plays a key role in keeping children safe by providing a safe place to cross at peak times.

Footsteps

Footsteps is a road safety training programme for young children, which develops awareness of roads and helps them live safely with traffic. Children are taken into the local area with a trained tutor to observe the traffic and discuss road safety. Parents, Grandparents and Carers can help us to deliver this training by volunteering to become a tutor. If you are interested in taking part and promoting this then please hand your name and contact details in at the School Office.

The Big Pedal

Every year we take part in this national scheme to encourage families to cycle or scoot safely to and from school. Over the two week event we count the number of children cycling and scooting and upload the results, joining hundreds of other schools around the country in The Big Pedal challenge.



Modeshift STARS

Modeshift STARS is a national schools award scheme, supported by the Department for Transport. The scheme recognises schools that demonstrate excellence in supporting cycling, walking and other forms of sustainable travel. There are three levels of accreditation – bronze, silver and gold.



Find out more at www.modeshiftstars.org

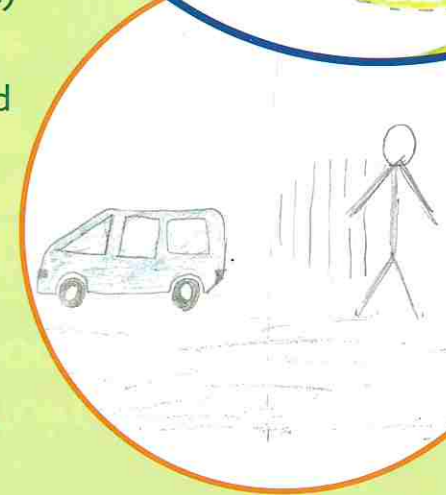


Stoke Mandeville Combined School

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Good reasons to walk, cycle and scoot to school



- Improved concentration on work
- Social time with family and friends
- Less pollution around the school
- Save money on fuel costs
- More awareness of road safety
- Interaction with the local community
- Improves overall mood
- Reduces stress
- Can be fun!



'Bikeability'

Throughout their time at Stoke Mandeville Combined School, children have many opportunities to participate in 'Bikeability' training. Children develop skills in cycling in an off-road environment, as well as preparing them for cycling on the road. As they progress their riders' skills, the children are trained to cycle in single-lane roads and simple junctions with moderate motor traffic flows.



KEY

- School entrance
- School crossing patrol
- Zebra crossing
- Bus stop
- Parking
- Park & Stride
- No parking
- Cycle route (shared use)
- Public right of way

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