



GO FOR YOUR
GOAL



**5 & 10 MINUTE
WALKING
ZONE**



I am special in
God's eyes



St Joseph's Catholic Infant School

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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 traffic congestion and pollution.

Travel Plan aims at St Joseph's 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 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.

'Funny Feet' day

Walking is great fun, and a good way to build exercise into our daily lives. Each year during Walk to School week in May we have a 'Funny Feet' theme day where you can wear bright or funny socks to school. Children (and staff) can wear odd socks, spotty socks, stripy socks, basically any socks or tights you like! Have fun walking to school!



I like fresh air
and good exercise
on my journey
to school

Park and Stride

What if we can't walk to school?

If you live too far away or don't have time to walk the whole way to school, have you considered Park and Stride?

Why not park your car further away from school and walk the last part of the journey?

You will be getting exercise, as well as reducing congestion and making the roads around school safer at the start and end of the school day.

Let's put on our walking shoes and walk to school or part of the journey to school!



Active Travel

What is active travel? Walking, cycling, scooting and Park and Stride are all excellent forms of active travel. All of these modes of travelling to school are easy ways to increase daily physical activity and help maintain a healthy weight. Children who travel to school actively also benefit from valuable life skills such as road safety and independent travel, and reduce their risk of developing health problems such as type 2 diabetes, asthma and even mental health disorders.



By choosing active travel, the journey to school counts towards the recommended 60 minutes of daily physical activity for children.

Some parents and carers find it hard to fit in active travel for the school journey every day, so why not try to walk, cycle or scoot just once or twice a week, or Park and Stride instead.



Parking – our 'informal' one way system

To assist in easing the traffic congestion at the start and end of each day outside the school gates, please may we ask all parents to co-operate with the following voluntary one-way system.

Please enter via Hazell Avenue and exit via Windsor Drive. Please try not to park in Hazell Avenue beyond the Windsor Drive turning.

Thank you for your co-operation
and understanding.



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



St Joseph's Catholic Infant School

KEY

- School entrance
- School Crossing Patrol
- Park & Stride
- Footpath
- Public right of way
- Stoke Mandeville Way
- Gemstone cycle routes: Amber
- Other

10
Good reasons to walk, cycle and scoot to school

- Better health
- 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!



*I am special in God's eyes
We will be a happy, welcoming school with Christ at the centre, where everyone is recognised as special.*

"I like seeing my friends and keeping healthy on my journey to school"

