

Travel Information

For details of School Travel initiatives and School Travel Plans contact:

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School Travel Plan Advisor

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- **Bus times and tickets:**
Traveline - tel 0870 608 2 608
www.traveline.org.uk
www.transportdirect.info
- **Train times, ticket prices and advance booking:**
National Rail Enquiries – tel 08457 4849 50
www.nationalrail.co.uk
- **Park & Ride**
tel 01743 253036
www.shropshire.gov.uk/traveltransport.nsf
- **Cycle information and free local cycle maps:**
Shropshire Council Transport Planning
tel. 01743 253035
www.shropshire.gov.uk/cycling.nsf
- **Cycle Training:**
Shropshire Council Road Safety
tel 01743 253245 or
www.shropshire.gov.uk/roadsafety.nsf
- **Walking in Shropshire**
www.shropshire.gov.uk/countryside.nsf



More benefits of walking and cycling to school

- **Do better at school.** Teachers say that children who are more active perform better at school and are more alert to start lessons.
- **Keep weight down.** Secondary school children use more calories walking to and from school than in 2 hours of PE.
- Walking helps towards the recommended 10,000 steps a day (adult) and 3-5,000 (child)
- **Good habits.** Walking or cycling for short journeys can become a habit – and carry on into adulthood.
- **Develop skills for life.** Walking and cycling enable children to develop independence and confidence
- **Funding for Your School.** Schools who write travel plans and encourage walking and cycling can benefit from DfES capital grants for items such as bike and all weather shelters.



Active Travel to School



Would you like to:

- Help your child get fitter and healthier?
- Save money?
- Make the area around your school safer and healthier?
- Help your child start the day alert and ready to learn?

Walking

- A 15 minute walk to and from school each day will give your child half their recommended amount of daily exercise
- Walking provides you with valuable time to talk to your children without the stress of driving
- Walking gives your child the opportunity to learn essential road safety skills
- Children like travelling to school with friends. Could you walk with others to and from school?
- Could you help your school set up a "walking bus" where children follow an agreed route under the supervision of a group of adults?
- Be safe, be seen – wear bright and reflective clothes

Walk to School

"I usually drop the children off on the way to work; but we decided to leave home a bit earlier and park a little further away than usual and then walk to school together. It was no hassle and we all felt a whole lot better for the exercise."

Cycling

- National and Shropshire travel surveys show children would prefer to cycle to school
- Cycling with your child means you get some exercise without having to go to the gym!
- Cycle training is available from Shropshire County Council's Road Safety Team
- The number of safer cycling routes to schools is growing, together with the National Cycle Network
- Many schools now have new, safe and smart cycle shelters
- Be safe, be seen, wear bright, reflective and fluorescent clothing and a helmet



Car

Do you often drive your children to school in the morning or pick them up in the car in the afternoon?

Do you get stuck in traffic on the way?

When you eventually arrive, do you then have problems finding somewhere safe to park?

- Could you -
 - Use your car less?
 - Walk or cycle occasionally?
 - Give another child a lift sometimes?
 - "Park and Stride"? (Park well away from the school and benefit from a short walk)
- Some safety tips
 - Always use seatbelts
 - Keep off the yellow zigzags and avoid blocking residents' drives
 - Let children in and out on the pavement side

Two families sharing a 5 mile journey just once a week can save £150 a year