

## Travel to Silverdale Secondary School



## YOUR TRAVEL OPTIONS FOR THE JOURNEY TO SCHOOL

### Take to the street on your feet

Walking to school is free, fun and gives you and your friends time together before the school day – something you can't do when you're stuck in the car with your parents or carer.

It's a great way for you to get some of your recommended 60 active minutes every day without breaking a sweat – meaning you'll feel healthier, fitter and happier.

By walking to school, you will be breathing in cleaner air than those sat in their cars and will be reducing the number of cars outside the school gates, making the school journey safer for everyone.



### Swap 4 wheels for 2; cycle or scoot

Riding your bike or scooter to school is one of the best forms of exercise you can take part in. It's also a huge money saver with those choosing two wheels over four seeing a reduction in fuel costs of more than £400 a year!

It's important that you stay as safe as possible, and these tips might help:

- **Protect your head** – wear a cycle helmet
- **Maintain your bike** – complete an M-Check on your bike before you set off
- **Be seen** – wear fluorescent clothing during the day and reflective clothing at night
- **Be sensible** – don't carry bags on your handlebars – use a backpack or the correct carriers for your bike



The STARS South Yorkshire project focuses on promoting active and sustainable travel to pupils, parents and teachers across the region through the delivery of fun, engaging and educational activities. The ultimate aim is to encourage everyone to lead a healthy and active lifestyle, starting with the journey to and from school.



Please use this map as a guideline to Park & Stride to school. This will help reduce congestion outside our school.



SOUTH YORKSHIRE

@SY\_STARSAwards

### Enjoy the ride, then park & stride

It may not be possible for you to walk all the way from your home to school, but it is worth trying to walk at least some of the way.

Ask the person driving the car to drop you off a little further away from the school gates so that you can walk the rest of the way to school.

Use this map to find somewhere to park at least 5-minutes away from school so that you can build some exercise into your day and avoid emitting harmful pollutants from your car into the air directly around the school.

### Much less fuss if you take the bus

Travelling by bus, train or tram is a great way to get to school if you have a longer distance to travel but still want to travel independently.

It is also great for the environment; a full bus can take up to 40 cars off the road meaning there is less pollution and congestion. You will still be getting some of your daily active minutes as the walk to and from the bus stop counts as exercise!

If you are aged between 11 and 16, you are eligible for a MegaTravel Pass which entitles you to cheaper bus, tram and train travel! To see the range of value for money tickets available to you, and to plan your journey

and view live public transport information visit:  
[travelsouthyorkshire.com](http://travelsouthyorkshire.com)

### Get Involved

From getting children and young people active, creating safer school environments, improving Air Quality around schools and boosting educational attainment, the benefits of getting active on the journey to school are huge!

Morning exercise improves  
your mood, lowers stress and  
increases concentration!



