Blue circle = 15 minutes to school
Red circle = 10 minutes to school

PARK AND STRIDE
Travel to Silverdale Secondary School

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

**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

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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.

Morning exercise improves your mood, lowers stress and increases concentration!
Introduction
Do you walk to school? Do you care about the environment? If you do well done! By doing this you are saving the planet by reducing the amount of greenhouse gases in the air. If you don’t here are a few reasons why you should…

- It keeps you healthy
- It improves your mood
- It increases your concentration
- It is good for your mental state
- It is a good opportunity for socialising

For parents…
- You can spend less money on petrol
- It makes YOU healthier
- It provides your child with more responsibility for the future

I’m sure you could think of a few reasons not to… but I think the outcomes are better if you do walk than if you don’t.

Problems with driving to school
Driving to school is not only bad for you but also bad for the environment. It damages the ozone layer and the greenhouse gases become a bigger problem. Lots of people on the road, going to the same place every day will cause congestion on the road. More than 9,000 children are treated in emergency rooms for injuries caused by vehicles every year.

Walking to school
Be careful when walking to school! If you’re planning to walk to school then there are just a few things you need to remember:

1. **Check before you cross.** Most accidents on 11 to 16 year olds are caused by caused by cars, so be careful. You want to try and arrive at school in one piece!

2. **Be aware of your surroundings.** When you are walking to school, there might be other groups of people walking the same way as you, so you always be aware of your peers and other pedestrians on the pavement.

3. **Find your friends!** If you and another friend come in the same direction when you come to school, arrange to meet up somewhere convenient so both of you can walk to school together. Similarly, if you drive past a friend’s house, then jump out the car and walk the rest of the way. It’s more fun to walk with friends than to walk or drive on your own.