Travel to:

Latimer Primary School



For further information please visit:

www.choosehowyoumove.co.uk/the-latimer-pri mary-welcome-to-school-streets/ We'd love you to be involved!

If you'd be interested in volunteering talk to your school, email choosehowyoumove@leics.gov.uk Or

Register your interest in being a volunteer at -

www.choosehowyoumove.co.uk/ leicestershire-school-streets/









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 are walking you are exercising, which is good news for your health as well. And don't forget that walking is also good for the environment, helping to cut traffic congestion and pollution.

Modeshift

STARS Plan

Modeshift STARS is a national

schools' award scheme. It recognises

schools who demonstrate excellence

in supporting walking, cycling

and other forms of sustainable travel.

www.modeshiftstars.org



Park & Stride

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

Next time you drive, try to park and stride from suitable places outside our walking zone and walk or scoot 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.

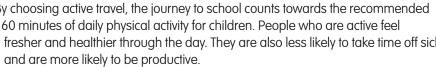
What is active travel? Walking, cycling, scooting, and Park & Stride are all excellent forms of active travel. They are all easy ways to increase daily physical activity and help maintain a healthy weight. Children who travel actively to school also gain valuable life skills such as road safety and, as they get older, learn to travel independently. They also 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. People who are active feel fresher and healthier through the day. They are also less likely to take time off sick

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

Active Travel

It takes around 20 minutes to walk a mile.



Junior Road Safety Officer Scheme

The Junior Road Safety Officer scheme is a free programme supported by Leicestershire County Council and runs within Primary Schools. It aims to encourage students to act responsibly on or near to roads, to increase road safety awareness, to organise road safety activities at school and enthuse the involvement of other children at the school.

Check out www.junior-rso.org.uk to see how your school can be get involved.



I love walking home with my mum and big brother and chatting about school

