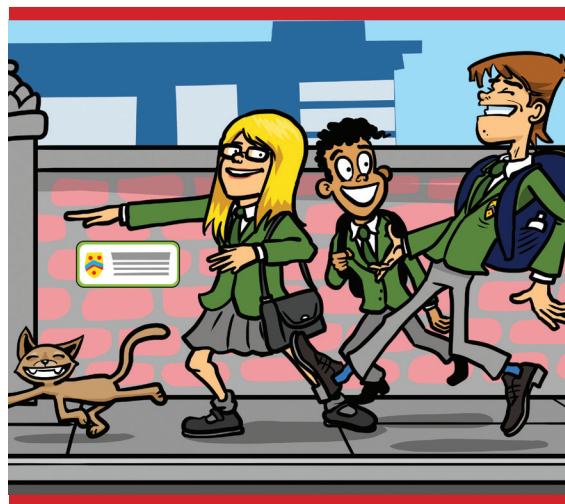




*“Children who walk to school arrive more ready to learn, settling down to lessons quicker than those who travel by car”**

* tfl.gov.uk/gettingaround/walking

Walking is a safe and healthy way to travel. It helps children prepare for life – and relieves congestion around school. Plus, it can save you £400 a year!



Produced by Solihull Council.
Written and designed by B3 Creative (www.b3creative.com) for Solihull Council (www.solihull.gov.uk).
Illustrations: Bill Greenhead.

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On the **move!**

Helping your child on their journey to their new school



WEST MIDLANDS
ROAD SAFETY PARTNERSHIP

Supporting your child

Your child is about to embark on an exciting time – moving from the oldest class in their primary school to the youngest class in their new secondary school. While it will certainly be a big change, it will also be a stimulating one.



Independence day

There are lots of things to think about and your child may be worried about starting at “big school”. One of those worries will probably be how to get to and from their new school. After all, this is the age when most children start to travel independently.

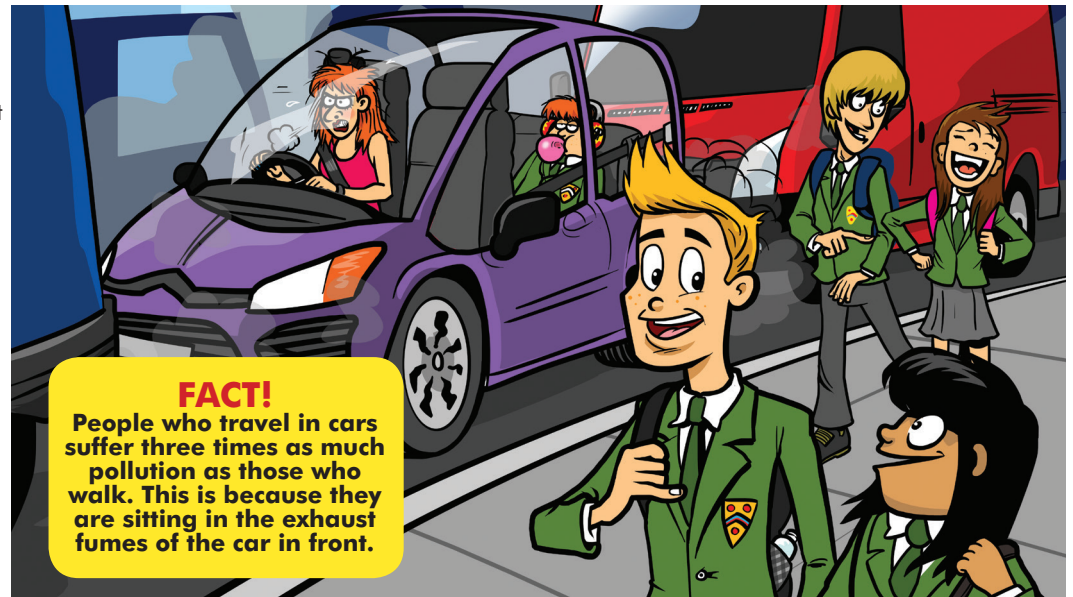
You can help them by making sure they’ve got the road safety basics right. Also, why not do a couple of test runs of their new journey so your child knows what to expect? That way, there won’t be any surprises on that first day of term.

TIP!

When you are doing your “test runs” with your child, consider taking a couple of different routes. It will help give them confidence and they’ll be able to take an alternative route if there’s ever a problem!

At the drive-in

We know it’s convenient to drive to school – it’s quick, it’s warm, and it involves less physical effort. However, it can mean the area around the school becomes heavily congested. Not only does this increase pollution in and around the school, but there is also a greater chance of a serious incident happening. When you think about it, do you really need to take your child to school in the car?



FACT!

People who travel in cars suffer three times as much pollution as those who walk. This is because they are sitting in the exhaust fumes of the car in front.

Solihull Council has launched a series of initiatives designed to help you and your child make the change to secondary school



On the move!

This is a special booklet for Solihull’s Year 6 children with tips about road safety and travelling to their new school.

Lesson plans

The Council is also putting together school journey lesson plans that will be taught in Year 6 classrooms.

Bikeability

If your child wants to cycle to school, a Bikeability course is a must. It gives them the skills and confidence to cycle safely.

Journey planner

Plan your journey, by foot or by using local and national buses, metro or trains, at networkwestmidlands.com

Studies have shown that children who walk to school arrive ready to learn. What a perfect way to start the school day!



Children need at least one hour of exercise per day. Walking to school is a great exercise opportunity!



Most parents and children can comfortably walk one mile in around 20 minutes!



Pavement pals

When your child starts secondary school, they may want to walk to school with their friends. Walking to school is great exercise for your child and, if they can do it with their friends, it’s also a great way to socialise. Plus, if they are feeling unsure of things, they will feel more confident by being in a small group.