

April 2019 Update

This month we would like to share some Active Travel information with you!

Mornings are a busy time for parents, and it can be overwhelming getting the children ready to cycle or scoot on top of all the things that need to be done before setting off.

However, with a little preparation, cycling or scooting can be the best way to travel to school, so pack bags the night before and leave helmets by the front door, so in the morning you can just get up and go.

Make it fun

Children who are used to being driven to school might well moan about having to walk, scoot or cycle, but once they get into it, they're likely to find it enjoyable. Ease into your new morning routine with small trips to the park, and build up to the journey to school gradually.

Keep younger children entertained by talking about what you see throughout the journey. This will help them to get to know their local area and feel part of it, while also making the trip more fun.

Choose an easy route

To make the school run easy on little legs, choose a smooth, flat route that's suitable for younger walkers or cyclists.

Many parents are concerned about whether it's safe for their children to walk or cycle to school, with danger from traffic their biggest fear. In fact, according to Sustrans research, nearly half of all children would like to cycle to school, but only 4% are allowed to. The fear of traffic has driven children into the back seat to be ferried around, with 42% of primary pupils now being driven to school.

If you're concerned about cycling safety, ride in a line with children in the middle of adults for maximum protection and visibility. If there's only one adult, take up a position at the back to ensure all children are in plain view.

Choose the right bike or scooter

If you're going to cycle or scoot to school, try to purchase a bike or scooter that's the right size for your child, and resist the temptation to buy one that's too big that they'll 'grow into.

A large bike or scooter will be more difficult to control, and can put young children off.. Take part in cycle training

Courses like Bikeability are great fun and have come a long way since the old days of cycling proficiency. Many children do Bikeability at school, or you can find out about out-of-school sessions.

Cycle training teaches valuable skills such as good road positioning, signalling and visibility, and can help parents and children feel at ease on busy streets.

Use Park and Stride facilities

Walking, cycling or scooting from home to school isn't always a viable choice for families, particularly if you live a long way away, but you can still build activity into your school run by parking 10 minutes from school and doing the rest on foot.

WE have a 'Park and Stride' scheme a short distance away, As well as making your school run more active, this helps to prevent congestion and air pollution at the school gates, making the environment around the school as child-friendly as possible.

Get the right kit

Carrying heavy books and equipment is often seen as a barrier to walking, cycling or scooting to school, but using a sturdy backpack or cycle panniers will mean your child can take all their kit without being too encumbered.

Also, remember that if your child is riding to school during the winter months, a white front light and red rear light (constant or flashing) and reflectors are legal requirements when cycling in the dark.

It goes without saying that a helmet is essential at all times, too.

Cycling with toddlers

If you have a baby or toddler as well as a school-age child, you might be put off cycling to school, but there's now a vast choice of safe and stylish ways to transport younger children, including front and rear child seats and cargo bikes.

Cargo bikes, in particular the box-bike style, are ideal for small children around, and depending on the type (and the size and age of your children) it may be possible to transport up to four with space for other cargo such as school bags, too.

Mix it up

Remember, you don't have to travel to school in the same way every day, so don't think that just because you have to drive most days, it's not worth doing an active school run on the others.

For busy families, different ways of journeying to school will work for different days. 'Walking, scooting, cycling and park and stride are all good options, and a bit of variety can make the school run more fun, so mix it up and do what works best for you.

As part of the schools Travel Plan we would like to collect data from parents, carers and pupils about school travel, this data is used for analysing journeys to and from school.

If you would be happy to complete a questionnaire for the JRSO Team or would like to be part of the school JRSO Travel Team then please ask at the school office for a copy.

Thank You for your continued support!

JRSO Team working together for safe and active travel!

School Travel – Parent Questionnaire

Please help us with our School Travel Plan by completing this short questionnaire

The aims of the School Travel Plan are:

To reduce the number of car trips on journeys to and from schools to make the school journey safer, healthier and more sustainable.

Remove the barriers, both perceived and actual, to walking, cycling and using public transport for school journeys.

Increase the number of pupils, parents and staff choosing to walk or cycle to school.

How far from the school do you live?

Less than 1 mile

Less than 2 miles

Less than 5 miles

Over 5 miles

How would you prefer your child/ren to get to school?

Would you allow your child to cycle/scoot to school?

Yes

No

If not, what would encourage you to let your child cycle/scoot to school? (e.g. secure cycle storage at the school, cycle training?)

If you currently drive your children to school what would encourage you to walk with your children instead?

If you live too far away to walk to school would you consider car sharing with other parents?

Yes, possibly

No

Do you have any ideas for improving the journey to school?

Would you be interested in joining the School Travel Team?

Thank you for completing this questionnaire