

School Travel at Potters Gate School

Many of our pupils and parents already walk to school

We are a happy and healthy school!

We encourage active travel for all our school community for the following key reasons:

Walking and cycling keeps us fit and healthy

Children who cycle to school are significantly fitter and nearly five times as likely to be in the top quartile of fitness, than children who travel by other modes.

It also helps our pupils develop road safety skills which will keep them safe in later life

The predominant child age group for KSI casualties is 12 – 15 years, nearly three times more than any other child age group—that's why we believe it's very important to prepare our children with the relevant skills to travel independently to Secondary school

We believe cycling is a life skill that everyone should be able to benefit from

Cycling contributes significantly to inclusion – providing children with the ability to access facilities, education and training in later life

It helps keep our local air clean, and our local streets free from congestion

Exhaust from all the cars in the UK while on the school run releases about 200,000 tonnes of carbon dioxide into the air, contributing to climate change

It helps us maintain friendly relationships with our neighbours

Dangerous and inconsiderate parking not only creates an unsafe environment outside the school but upsets our neighbours and local residents.



Ask yourself: *Do you want to live in a place where everyone drives?*

The number of cars in the UK increased from 19 million in cars in 1971 to 39.2 million in 2021. Imagine the congestion and pollution if this rate of increase continues...

How we travel matters

What we do

- All local **school trips** are made on foot if the destination is close by
- We provide a school travel charter for all new pupils
- Offer **cycle training** and provide **cycle and scooter storage** for pupils
- We encourage all members of our school community to **walk, scoot, cycle or travel by public transport** for the journey to school
- Join in **Walk to School Weeks** and the Golden Boot Challenge
- As part of our school travel plan we carry out school travel consultations and surveys at regular intervals to ensure we know what prevents more active travel and what we can do to remove barriers
- We discourage families from parking near the school to minimise congestion and pollution and promote safety

"There is a significant positive relationship between physical activity in childhood and general 'cognitive functioning' and academic achievement in school...."



What our parents do:

Walk, Scoot or Cycle to school whenever possible. Give it a go – it's probably not as far as you think!

Park and Walk

Where a car must be used we ask all parents to drive only part of the way, **park away from the school** and walk the rest of the way ('park and stride'). This helps build exercise into every daily routines and contributes to your child's recommended hour a day of physical exercise.

Keep the Zig Zags Clear

Not stopping and dropping outside the school reduces congestion in the road outside the school, improves local air quality and keeps it safe for pedestrians

Use your Parking Permit

Every Potters Gate family is offered a parking permit for the Upper Hart Car Park at the beginning of the school year. If you have to travel by car, you can park away from the school site, minimising congestion and pollution and making the roads around school much safer for all the children.

If you really need to drive

Some tips to help you stop wasting money and improve your performance

Park and Walk

Get active! Park away from the school and walk the final 5-10 minutes to the school.

Cold starts

Avoid leaving your engine ticking over for long periods. Drive off as soon as possible after starting your engine, as it will warm up quicker and more efficiently when the vehicle is moving.

Idling

If your engine is idling – you are not moving and therefore you are getting ‘zero miles per gallon’! If you have to wait in a traffic jam or at a level crossing it’s best to switch your engine off. In hot weather this is particularly important as it will help avoid the engine overheating.

Eco-driving

Hard fast driving results in use of more petrol and wears tyres too – leading to more pollution and higher motoring costs for you. It is entirely inappropriate to accelerate and break hard in villages, towns and cities – where most road accidents occur. Safe and controlled driving is actually far harder and demonstrates considerable skill. It also saves wear and tear on the engine, clutch, gears, brakes and tyres – leading to better fuel economy and therefore prevents unnecessary expenditure.

Drive smoothly

Accelerate gently and avoid heavy or sudden braking. As well as polluting the air, tyre and brake lining residue and exhaust pollution fall onto the road and is washed into surface water drains, polluting our water.

How good is your driving?

Find out how good a driver you really are by doing a mock driving theory test.

<https://www.gov.uk/take-practice-theory-test>



Care for your car

Check tuning, tyre pressure and fuel consumption – regular servicing helps keep your car efficient.

Road rage

Be respectful of the community and environment around you. If you can't be patient and calm for others ... consider your own heart. Stress means a person may be at a greater risk of developing coronary heart disease.

Kill your speed

Just 5 miles over a 30 mph speed limit can increase stopping distance by a further 21 feet. You should always be able to stop within the distance you can see ahead. Is it worth gambling that there isn't a child round the corner?

Increased speed means increased fuel use. If you stick to the speed limit, you will find little difference in journey time, and a lot of difference in fuel consumption and your stress level! And after all, what's the point in rushing to join a queue?

Lighten up

Roof racks add drag and other unnecessary weight increases fuel consumption. Air conditioning and other on board electrical devices increase fuel consumption and cost you money – only use them when really necessary.

Walking one mile in 15 minutes burns about the same number of calories as running a mile in eight and a half minutes

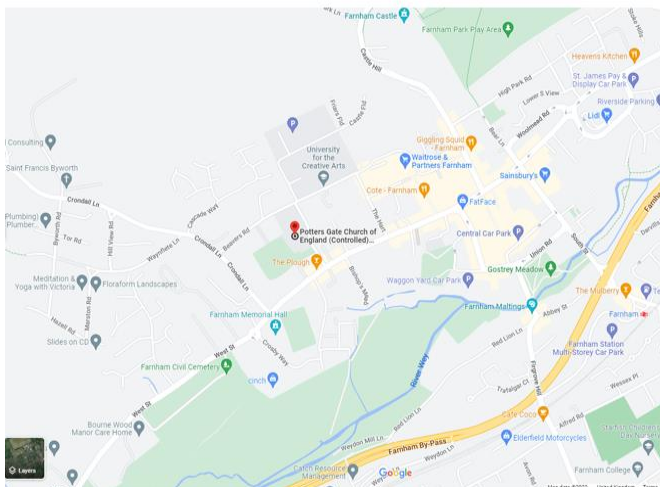
School Travel Policy

We have a school Travel Policy and you can find this on our website at
www.potters-gate.surrey.sch.uk/Potters-gate-travel-plan/

Walking gets results. Studies at the University of Essex showed that exercise helped 10 and 11 year olds do better in exams

Travelling by more active modes of travel is one of the easiest and cheapest ways to build exercise into our daily routine

Physical activity can boost mental well being and change your outlook on life. It can help with anxiety and depression, and there's evidence to suggest it can prevent it occurring in the first place



Address:
Potters Gate C of E Primary School
Potters Gate
Farnham
GU9 7BB

01252 715619
www.potters-gate.surrey.sch.uk

School travel plans and changing the way we travel are important because as well as caring for our own health we care about our environment and the well-being of others