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’re walking, you’re exercising, which is good news for your health as well. And don’t forget that walking is also good for the environment and helps cut traffic congestion and pollution.

School Travel Plan
Our school has been awarded a Silver Mode Shift Star Award. Our children are great at Walking, Scooting, Cycling or even skating to school. We are maintaining our Travel plan to tackle and address the ongoing concerns of parents and local residents about traffic congestion on the roads immediately surrounding the school site during the busy collection and drop-off periods. We are looking at ways to increase the number of families traveling to school by means other than by car, and decrease the amount of parents who choose to compromise children’s safety by parking in a residents’ only parking zone at drop-off and collection times.
We are continuing to develop and promote safer and sustainable travel alternatives. We hope to encourage our children to adopt new travel habits and also to create a safer environment for our children to come to school.

Junior Road Safety Officers
Junior Road Safety Officers are our school travel champions. They help us to promote and encourage active, safe and sustainable travel. Look out for our JRSOs during events like Wheels at Work day, Be Bright and Be Seen day, Cycling Proficiency week, and more.

Active Travel
What is active travel? Walking, cycling, scooting and Park and Stride are all excellent forms of active travel. All of these modes of travelling to school are easy ways to increase daily physical activity and help maintain a healthy weight. Children who travel to school actively also benefit from valuable life skills such as road safety and independent travel, and 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.

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

Active Buck’s map for your 5 & 10 minute walking zone
Ashmead Combined School
Cole Road, Aylesbury, Buckinghamshire, HP21 8SU
Tel: 01296 484434
Email: office@ashmead.bucks.sch.uk
Website: www.ashmeadschool.org.uk
Visit www.activebucks.co.uk to find activity near you.

Ashmead gives its children two everlasting things... one is roots, the other wings

Footsteps
Footsteps is a road safety training programme for young children, which develops awareness of roads and helps them live safely with traffic. Children are taken into the local area with a trained tutor to observe the traffic and discuss road safety. Parents, Grandparents and Carers can help us to deliver this training by volunteering to become a tutor.
If you are interested in taking part and promoting this then please hand your name and contact details in at the School Office.

Park and Stride
Park and Stride is a scheme where parents/carers park a short distance from the school and walk the rest of the way. This is ideal for those who live too far away from the school to walk or who need to continue their journey to work or to another school.
Next time you drive, try to Park and Stride from Walton Court Shopping Centre Car Park or from the Church of the Good Shepherd Car Park. Perhaps you know another suitable place to park outside the 5 or 10 minute walking zones and walk, scoot or cycle 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.

Mode Shift STARS
Mode Shift: STARS is a national schools award scheme, supported by the Department for Transport. The scheme recognises schools that demonstrate excellence in supporting cycling, walking and other forms of sustainable travel. There are three levels of accreditation – bronze, silver and gold.
Find out more at: www.modeshiftstars.org

“I walk to school because it keeps you fit and I like seeing friends”
10 Good reasons to walk, cycle and scoot to school

- Better health
- Improved concentration on work
- Social time with family and friends
- Less pollution around the school
- Save money on fuel costs
- More awareness of road safety
- Interaction with the local community
- Improves overall mood
- Reduces stress
- Can be fun!

What about Wheels?
Many children enjoy scooting and cycling to school. If you do please:

- **Get trained** – learn how to ride safely and keep control of your scooter or bike
- **Protect your head** – always wear a properly fitted helmet
- **Be seen** – make sure you wear bright, fluorescent and reflective clothing

**Car share** refers to two or more people from outside the same family sharing their journey. This can help to cut congestion outside the school gates. Why not share your journey with another family.

Blythe Close is a resident only Parking Zone. Please do not use it for parking when collecting or dropping off your children, you will jeopardise the safety of our children.

“Walking to school gives me lots of energy because it’s like I’m exercising”