

It's Walk to School Week 2018 - and we are taking part!

We are delighted to tell you that we are taking part in Living Streets' Walk to School Week; 21-25 May!

On Tuesday 22nd May we will be celebrating it with fruit and snacks at the school gate at drop off for all children who have walked to school.

If you normally drive your children to school then why not Park and Stride?

We have produced a leaflet and map showing possible locations to park and then walk to school. The blue ring is a 15 minute walking distance and show lots of footpaths (marked red and blue) that you can use to safely walk into school. Why not park near the Prince Albert pub, or near to Parmoor (but not in the grounds please!), or park on the outskirts of Lane End and have a walk through the woods to get to school?

Please remember to park considerably and appropriately.

Fewer children walk to school than they did 20 years ago. In fact, just 17% of the nation's children get the recommended hour a day's exercise. Help us get more children walking to school again and experiencing the benefits this simple act brings.

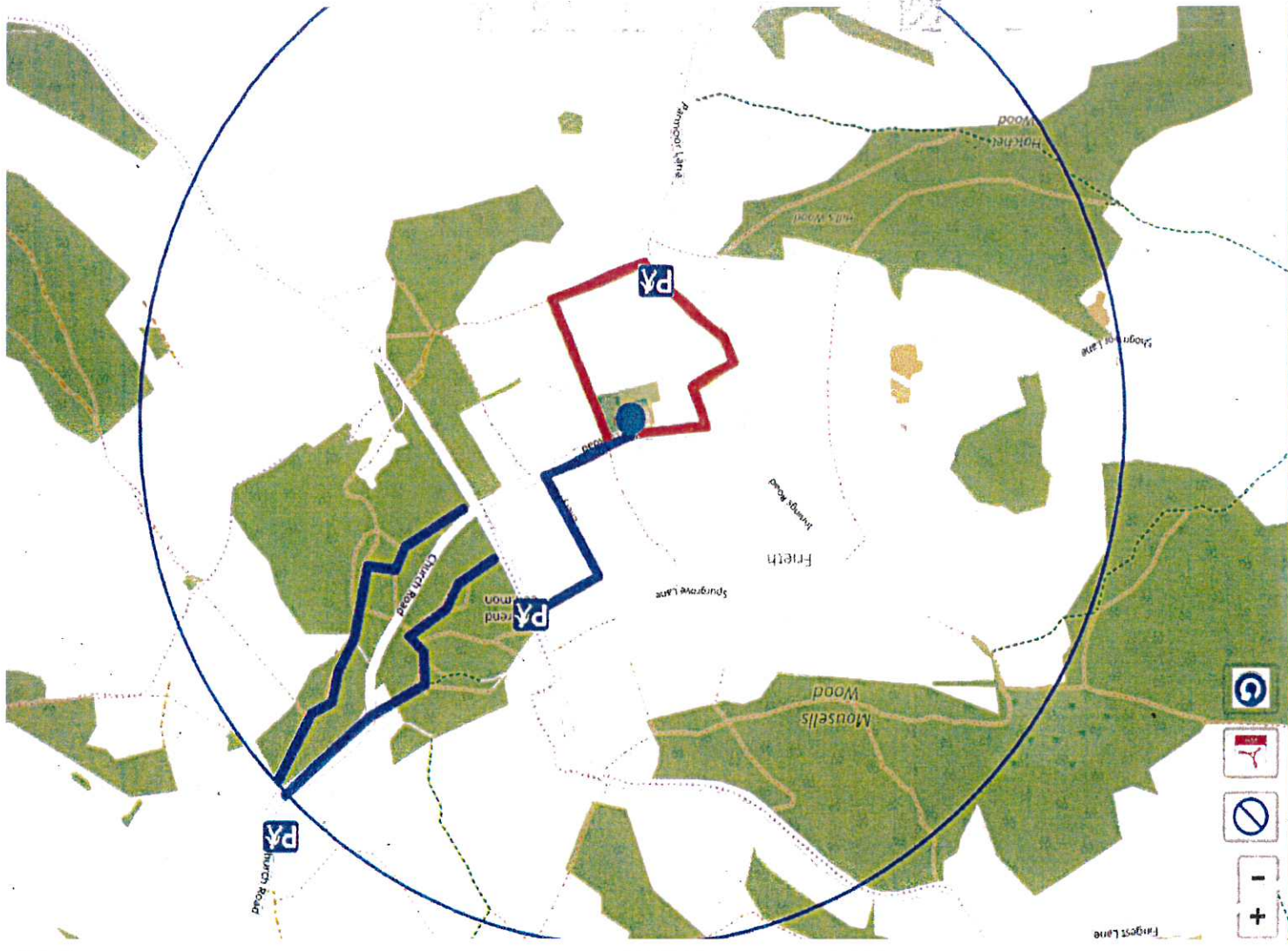
Walking to school helps children feel happier and healthier and even do better in class because they arrive fit, refreshed and ready to learn. More families walking means fewer cars on the road during the school run, helping to reduce congestion and pollution at the school gates.

From your School Travel Plan Committee

Honest and Truthful

Challenging and Responsible

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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.



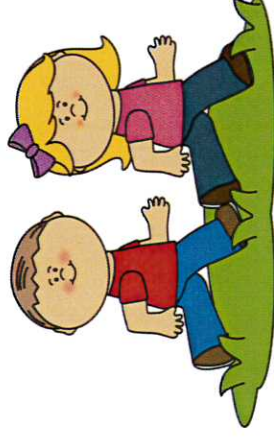
Active Travel What is active travel?

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.



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.



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