

What can you do on Go Green for Clean Air Day!

What is Clean Air Day?

Clean Air Day is the UK's largest air pollution campaign, engaging thousands of people at hundreds of events, and reaching millions more through the media.

Led by [Global Action Plan](#), Clean Air Day brings together communities, businesses, schools and the health sector to:

- Improve public understanding of air pollution
- Build awareness of how air pollution affects our health
- Explain the easy actions we can all do to tackle air pollution, helping to protect the environment and our health.

Ealing Council's School Travel Team is promoting Clean Air Day with a twist – everything will be green!

This could literally be the colour green, or symbolically green to represent caring for our planet; both allow us to tangibly celebrate the importance of having clean air!

Here are a handful of suggestions of ways schools could 'go green' in celebrating Clean Air Day. They are simply a guide; you are limited only by your own ideas and imagination.

Wear green

This could be anything from an all green non-uniform day, green socks, or even just green accessories! A Silly Socks Day is a great fun activity. Children can come to school in uniform whilst wearing the silliest green socks they own. They could decorate socks they already have or keeping it simple, just wear odd socks. It's another activity that costs nothing to run and apart from telling the children and popping something in the newsletter, there is nothing else to do! Easy peasy!

(STARS activity card - [Other walking activity](#) amend title to 'Wear Green for Clean Air Day')



Image 1 Green striped socks

Eat green food

Have a word with your school's caterer to produce a special menu for the day which may well be full of lots of iron!



Image 2 Green fruit and vegetables

If this is not possible, consider advising families to bring green food in children's packed lunches, for example: plenty of green fruit and veg e.g. cucumber, celery, green peppers, courgette, peas, 'white' green grapes, green apples, pears and kiwis (careful for allergies), honeydew melon, and avocado. For those not sure how to fit in so many vegetables – using houmous and other dips are tasty and easy ways to eat them. We've even heard about one parent in the past who made green bread using spinach as food colouring!

And remember to encourage families to go zero waste with pack lunches – instead of clingfilm and food in wrappers, they could buy food that comes loose (fruit and vegetables) and bring home cooked food in reusable plastic containers or beeswax food wraps.

Green breakfast

Provide tasty, green fruit breakfast treats for those that walk, scoot or cycle to school. If possible, contact local supermarkets to see if they will support the school and provide the fruit. Enlisting parent helpers or other staff members/SLT to help, will make it more successful. (STARS activity card - [Bikers' Breakfast](#) – just amend title by changing 'Bikers' to 'Go Green')

Green themed Bling your Bike /Soup up your Scooter/ Showy Shoes

Children decorate their bikes or scooters or a pair of shoes (ideally not their school shoes) using green materials and ride or walk to school. For children whose parents won't want to decorate real shoes, give them an outline of a shoe to design and ask them to bring it in on the day. This way the competition is inclusive.



Image 3 Green Trainers

Why not have a parade to showcase decorated bikes, scooters, shoes and shoe designs with the rest of the school. Otherwise, have JTAs or Bike It Crew at the school gates to take photos of children as they arrive – photos can be displayed on the school travel noticeboard, school website, popped into the newsletter or on social media or even all the above.

(STARS activity card – [Bling your Bike](#))

Green Lock

Such a simple but effective concept to help increase the numbers of children who scoot or cycle to school. Create green cardboard locks, or use rosettes, place them on random bikes or scooters on the day. The child who finds the Green Lock on their bike or scooter receives a prize.

Keep prizes simple and affordable. Here are some examples of cheap prizes that can be purchased:

- Bicycle bells: [here](#) or [here](#)
- Reflectors: giving away [these](#) in packs of 5 or 10 or singles of [snap bands](#).
- Hi Vis jackets in cool colour combinations and children's sizing [here](#)
- For those looking for all things bright, there's [Brightkidz.co.uk](#)

(STARS activity card – [Golden Lock](#) – change the title to 'Green' lock)



Image 4 Green Lock

Competition Time

Ask your JTAs to come up with a competition idea – posters to advertise the benefits of cycling, scooting or walking to school to improve air quality, or reduce congestion and air pollution outside the school gates;



Image 5 Clean Air Day Poster

Let your JTAs own the whole campaign - advertise the competition, design a template if it's needed, choose the winners and announce the winners in an assembly later in the term.

The possibilities are endless, and you will be surprised at what your Junior Travel Ambassadors come up with.

(STARS activity card – [Other travel competition](#); amend title accordingly)

Green walks to school

Highlight the green areas near your school to allow families to plan their routes via a park or green space that day.

(STARS activity card – Other walking activity amend title to [Green Walks to School](#);))

Green Route Planning

Ask the pupils to think about their journeys to school:

- Do they walk beside main roads?
- Do lots of parents drive to school?
- Is there a lot of traffic on the roads they use?
Could they walk through green spaces like parks, beside the river or canal?
- Could taking a back route mean cleaner air?

Pupils identify and highlight on a local map any busy roads or areas of heavy congestion at drop off and pick up times. Identify from these highlighted areas, roads that would be better to use. Children plan a new, 'greener', cleaner route to school to try that week and hopefully for the rest of the summer.

For younger pupils, they could map their current route to school using images of what they hear, see and smell along the way. Ask them what they like and do not like about the journeys. Discuss ways they can make the journeys better. Report this to the parents via the newsletter.

(STARS activity card – [Mapping exercises](#) amend title to: Planning Cleaner Routes to school)

Enormous Walking Bus

Hold an Enormous Walking Bus on the day. Choose an area locally: a park, a car park or a quiet side street, away from the school. Tell the parents what time to be there and then, as a whole group, walk to school together. **Parents walk with the children.**

You will need some hi vis jackets for the leaders at the front and the back of the Enormous Walking Bus and maybe a class set of hi vis for some of the children in the group to wear. You would also need to do a risk assessment of the route you need to take.

It doesn't take much time to organise – maybe even approach a parent to help. Promote it as an opportunity to walk to school with your friends, having a chat about the day ahead and getting some exercise at the same time. It is such a lovely way to start the day – the children will arrive happy and full of the adventure of walking in such a big group.



Image 6 Enormous Walking Bus

For more information and support on this please contact Helen at collinsonh@ealing.gov.uk (STARS activity card - [Walking bus](#))

Green curriculum day

Deliver the Clean Air Day lessons to educate the children about air pollution and ways to improve air quality.

Plant seeds in class that day. Beans in jars in cotton wool allow you to see the beans germinate! Teach pupils about the importance of the role of plants in absorbing emissions in our air, such as a carbon dioxide.

(STARS activity card – [Environmental benefits of active travel](#) amend to Clean Air Curriculum Day)

Go Car Free

Ask the staff to set the example and not drive to school that day (or at least park and stride – we know some staff travel long distances to work). Having an empty car park is a great way of setting the example for the pupils. Be sure everyone knows about it!

(STARS activity card – [Car Free Day](#) amend title to Teacher's Car Free Day)

Daily social media updates

Using Twitter and Facebook to inform the school community about your activities on the day. And make sure you tell us what you have planned by tweeting and tagging [@EalingSTARS](#) and [@cleanairdayuk](#) #CleanAirDay

(STARS activity card – [Publicity within the local community](#))



Image 7 Twitter Icon

Invitation to a local MP to speak

Please feel free to invite the local MP to speak to the children about the importance of sustainable travel, especially cycling, scooting and walking to school. Use this [link](#) to find your local member.

(STARS activity card – [Invite local dignitaries to travel events](#))

Air Pollution Help Desk

Are you worried about air pollution levels at your school? You can access the Air Pollution Helpdesk for support. They provide advice, resources and practical measures to improve air quality in and around school in order to protect your children's health. They can help you to develop a bespoke clean air action plan, support you in reducing traffic outside your school gate, provide you with resources to support the teaching of Air Quality in the curriculum and provide direction towards funding streams including help to write and complete applications. [London Schools Pollution Helpdesk](#)

The Clean Air Day website also has plenty of free resources to choose from - <https://www.cleanairday.org.uk/forms/clean-air-day-resources>