



# Air Quality

**JTA 1:** Hello, my name is (all JTAs say your names) and we are your JTAs. Today we are going to talk about air quality.

**JTA 2:** Fresh air is good for you. It helps to wake us up in the mornings and helps us to concentrate during the day. But how clean is the air we breathe?

**JTA 3:** In some countries the air quality is so bad that people wear face masks to filter the air they are breathing. If the air quality is poor we can develop health problems and become ill. Diesel, petrol and gas cars give out poisonous gases when they are being driven. These gases are bad for our health when we breathe them in, and they also contribute to climate change.

**JTA 4:** Did you know the air **inside** a car is three times more polluted than it is **outside** the car? This is because those gases come inside a car through the air vents, and then they can't escape.

**JTA 5:** we know you want to know what this has got to do with your journey to school?

- If you don't drive to school, it means you are not making the air worse for other people
- If you walk to school, you are breathing cleaner air than if you are in a car

**JTA 6:** So, if your parents drive to school, try asking them to park at least 10 minute walk from the school and then walking the rest of way in. This is called Park and Stride and is a good way of keeping the air around our school cleaner.

**ALL:** Thank you for listening

