Why is it good to walk to school?

Walking is an easy, fun and healthy activity that kids and families can do every day!

It's also great fun to join up with friends along the way on your journey to school, so why not ask a few friends to walk together and start making it part of your daily routine?

There are so many benefits to walking to school but remember to stay safe and set a good example to your children.

Online resources are available at the following links to help you teach your child about staying safe whilst walking to school and have fun along the way!





think.direct.gov.uk





If you'd like to find out more information email: sta@ealing.gov.uk



www.ealing.gov.uk

coston.indd 2





coston primary school



Walking to your school



Greenford Birkbeck Avenue Uneeda Dr Bennetts Ave Ingram Way Middleton Avenue ourthope Rd rnham ields Cayton Green A40 Western Ave S Millet Rd Park Daryngton Drive A40 Western Avenue Coring We Coston Ferrymead **Primary** School Millet Road (15) South Greenford Pavenor Park Road GREENFORD castmead Ave Ravenor Park Do Locarno Rd 10 min walk = 800m 1,000 111111 Perivale Park Ruislip Rd Golf Course (13) The

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Plan your walk to school with your child!

Walking to school is a great way to engage with your child and teach them about crossing the roads safely along your journey.

Walking to school with your child counts towards the recommended daily target of at least 180 minutes of physical activity for children under 5 years old, or a minimum of 60 minutes of moderate activity for 5 to 18 year olds!

Walking is the most popular way parents travel and you and your child can meet lots of friends from school along the way.

Popular walking route

IIIII Pelican crossing

Ш Zebra crossing

Pedestrian island

10 minute walk area

Footpaths

On-street park & stride

School main entrance

Minutes to walk to school

Please remember that any advice we have provided you has not been based on any medical check. While physical exercise is beneficial in most circumstances, we

recommend that if you are concerned about the suitability of some activities or experience discomfort whilst exercising, you seek medical

advice from your GP.