

# Travel to Edward Betham C of E Primary School



## Edward Betham C of E Primary School

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## Our School

Our school encourages families to think about more sustainable ways of travelling to school.

This will help reduce parking issues and make the area outside our school a safer place to be. You will be benefitting your own health while setting a great example for your child.

This map will help you plan your route whether you decide to walk, cycle, scoot or take public transport, all or part of the way.

Please support us to reduce congestion, improve local air quality and the health and well-being of the whole school community.



## Why Walk to School?

Walking is simple, free, and great exercise! It also gives you the opportunity to chat to your child about their day.

85% of Ealing families live within a mile of their school, a distance that can be walked, cycled or scooted by most people. If you live further away, and you drive or need your car for an onward journey, why not try parking further away and walking the rest? You may even find it is quicker than finding somewhere to park near the school and fewer cars helps to make the area around the school safer.



TfL's STARS accreditation scheme inspires young Londoners to think differently about travel and its impact on their health, wellbeing and the environment. STARS supports pupils' wellbeing, helps to reduce congestion at the school gates and improve road safety and air quality.

## Cycling and Scooting

Cycling and scooting to school is easy, safe and fun, especially as it's something you can do together. It can help to improve co-ordination, motor skills and balance, helping children to thrive in PE lessons!

You can join in the fun using an adult scooter. And bicycle child seats and trailers can help you to cycle with smaller children. It's often much quicker too!



## Public Transport

Taking the bus instead of the car helps to make it safer around the school gates where parking is restricted, as well as helping your child become more independent.

Why not get off one stop earlier and continue on foot to fit in some exercise?

Public transport is great for the environment too! Fewer cars on the roads means less pollution and fewer CO<sub>2</sub> emissions, improving local air quality and also reducing our school's contribution to climate change.



## Active Travel

Walking, cycling and scooting are all excellent forms of active travel. They are easy ways to get your recommended daily 60 minutes of exercise and help you maintain a healthy weight. You also reduce the risk of developing asthma, type 2 diabetes and even mental health disorders.

Children who travel actively to school develop better road safety awareness and later will be more able to travel independently. Physical activity also improves mood as well as academic performance at school.

Why not make active travel part of your daily routine?

## Did you know?

You are exposed to less air pollution when travelling actively than when inside a car!

It takes around  
**20 minutes**  
(2,000 steps)  
to walk a mile.

