

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!



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

greenwood primary school



Walking to your 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.