

# Stay safe on the school journey

Advice for parents and guardians for the new term



Have you thought about how you will get your children to and from school as the new term gets underway in East Dunbartonshire? Are you considering changing the way you travel?

Many families have been enjoying walking, running, scooting and cycling as part of their daily exercise. It's a great opportunity to keep this going as schools go back.

Surveys by Sustrans - the charity making it easier for people to walk and cycle - suggest pupils would prefer to travel actively if they were given the choice.

Hopefully we can keep travelling actively, but the roads may get busier, so there's advice overleaf as to how we can do this as safely as possible.

-  The majority of primary school children in the UK walk to school, with average trip distances less than 1.5 miles (20-30 minute walk)
-  15 minutes of exercise (including a walk, scoot or cycle to school) can improve a child's mood
-  Active travel to school can increase a child's concentration level by up to four hours

 Children enjoy being active

 They arrive at school fresh and ready to learn

 Surrounding streets are safer, with less congestion

 It has health benefits for us all and is better for the planet - reducing air pollution

 Active travel to and from school is a chance to chat and share things as a family.

Visit [www.eastdunbarton.gov.uk/walking-and-cycling-routes](http://www.eastdunbarton.gov.uk/walking-and-cycling-routes) and [www.sustrans.org.uk](http://www.sustrans.org.uk) for help and advice.



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## Advice on travelling actively and safely, to and from school

As schools return, the pavements and roads may become busier again. Here are some ideas to help you feel comfortable travelling actively to school:

-  Give yourself a bit more time in the morning. People walking, running, scooting and cycling tend to arrive at school over a longer time period. This makes it easier to manage limited space in and around school.
-  Vary your route if you can. This can be more interesting and pleasant, especially if you can stay away from busy roads. Try the route less travelled.
-  Stop and wait for people to pass (and say hello)
-  Remind children about slowing, stopping and giving space, especially if they are scooting and cycling. They might make mistakes, but try not to get annoyed, just remind them that it's really important right now.
-  If you do have to step in the road to pass people, reinforce looking and listening with your family. Looking and listening is how we understand the world around us, so the more looking and listening we do by the roads, the better decisions we make.
-  Try and give older children responsibility for getting themselves to and from school. You might prefer to arrange to meet them near the school. This helps their road confidence and reduces the amount of people around the school.
-  If you live too far away to travel actively or don't feel it is possible for you, please try and 'park and stride', ideally using an off-street car park, perhaps 5-10 minutes away from school. That way, your children still get the benefits of active travel.
-  If you do feel you have to drive, be aware of enforceable parking and no-waiting lines/markings around schools, with new restrictions being added in various locations.



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