



**LET'S
WALK TO
SCHOOL**



Swap the **SCHOOL RUN** for a **SCHOOL WALK**

Information for parents and carers

Help create a walking nation

We are Living Streets, the UK charity for everyday walking and we've got a big ambition: every child that can, walks to school.

A generation ago, 70% of us walked to school – now it's less than half. We want to reverse this decline and we need your help.

Join us, thousands of schools and around one million pupils across the country to make walking the natural choice and part of every child's daily routine.



Two great reasons to join in

**Healthier, happier
children**

**Less congestion
at school gates**

Why walk to school?

Children should get 60 minutes of physical activity a day.(1) Walking to school goes a long way to achieving this goal.

Children who do some form of exercise, especially a walk before school:

1. Arrive fit, refreshed and ready to learn.(2)
2. Do better in class.(2)
3. Are happier, healthier and more independent.(3,4)

And more children walking to school means:

1. Reduced congestion and improved safety at the school gate.(5,6)
2. Better local air quality and reduced CO₂ emissions.(7)



“We think walking to school is great as it helps children and parents to get a bit of exercise every day. It helps reduce congestion around the school and you also get a chance to meet other families who walk. By building more walking into our daily journey, we can help the environment too.”

William and Janet Nichols and their granddaughter Erin, 6.

Live too far from school to walk the whole way?

- If you drive to school, you could Park and Stride. Find somewhere suitable to park at least a ten minute walk from school and complete your journey on foot.
 - If you take public transport, how about getting off a couple of stops earlier and walking the rest of the way.
-

Wet weather causing problems?

Break out your wellies and waterproofs and see how much fun your children have splashing in the puddles on the way to school. It's not about the weather, it's about what you wear!

Find out more:

www.livingstreets.org.uk/walktoschool
walktoschool@livingstreets.org.uk
020 7377 4900





References

1. Department of Health. (2011). *Start active, stay active: A report on physical activity for health from the four home countries' Chief Medical Officers.*
2. Rauner R *et al.* (2013). Evidence that aerobic fitness is more salient than weight status in predicting standardized math and reading outcomes in fourth- through eighth-grade students. *The Journal of Pediatrics.* 163(2):344-8.
3. NHS Choices. (2015). *Benefits of exercise.* [online] Available at: www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx [Accessed 2 Jun. 2016].
4. Fyhri A & Hjorthol R. (2009). Children's independent mobility to school, friends and leisure activities. *Journal of Transport Geography.* 17(5):377-384.
5. Department for Transport. (2011). *National Travel Survey: 2010.*
6. Surveyor Transport Network. (2013). [online] Available at: <http://www.transport-network.co.uk/1200-children-a-month-involved-in-road-accidents-near-schools/9346> [Accessed 12 Jul. 2016].
7. NICE. (2012). Public Health Guidance PH41. *Walking and cycling: local measures to promote walking and cycling as forms of travel or recreation.*

We are Living Streets, the UK charity for everyday walking.

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland), Company Limited by Guarantee (England & Wales), Company Registration No. 5368409. Registered office 4th Floor, Universal House, 88-94 Wentworth Street, London E1 7SA.

