



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 CO<sub>2</sub> 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.

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## 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.
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## 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](http://www.livingstreets.org.uk/walktoschool)  
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## We are Living Streets, the UK charity for everyday walking.

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