



GO FOR YOUR
GOAL



**5 & 10 MINUTE
WALKING
ZONE**



It takes around 20 minutes
to walk a mile



Maids Moreton C of E School
Avenue Road, Maids Moreton,
Buckingham MK18 1QA

t: 01280 812058

e: office@maidsmoreton.bucks.sch.uk
w: www.maidsmoreton.bucks.sch.uk



Visit www.activebucks.co.uk
to find activity near you.

Our School Values and Aims

Our School Travel Plan supports our ambition to increase the number of families travelling to school by means other than by car, and to respect the environment as well as our neighbours. Travelling sustainably together, gives our children a strong sense of belonging to the local community. Our pupils show both perseverance and resilience, walking, cycling or scooting in all weathers on their healthy journeys to and from school. We aim to encourage our children to adopt good travel habits for life as well as creating a safer environment for all.

Why walk to school?

Walking is a great way to get to school. You get plenty of fresh air and time to talk to your family. Maybe you could arrange to meet up with other families and walk with your friends? Walking can be good to gather your thoughts and get you ready for the start of the day, or let off steam at the end. Remember, if you're walking, you're exercising, which is good news for your health, and don't forget that walking is also good for the environment and helps reduce congestion and pollution.

"I like riding my
scooter to school because
it gives me exercise and
it is good for the
environment"



"I cycle to school
because it keeps
my body healthy
and strong"

It's fun to
ride my scooter
to school

Walk to School Weeks

Walking is great fun and a good way to build exercise into our daily lives. Twice a year we hold Walk to School Weeks, with a special theme, during which we promote walking and cycling on the school journey. Recent themes have included "Be bright be seen for walking" "Silly socks and specs" and "Bling your bike to school" week. The children really enjoy taking part.

Park and Stride

What if we can't walk to school? If you live too far away, don't have time to walk the whole way or need to continue your journey to work or to another school, have you considered Park and Stride? This is a scheme where parents/carers park a short distance from the school and walk the last part of the journey. You will be getting exercise, as well as reducing congestion and making the roads around school safer at the start and end of the school day. Next time you drive, try to Park and Stride from **The Maids Moreton Playing Fields car park** or at **St Edmund's Church car park**, then walk, scoot or cycle the rest of the way to school. You may even find it takes you less time than trying to find somewhere to park near the school gates.

Go for Gold

Most of our children live within walking distance of school and many of them regularly walk, scoot or cycle to and from school. The children not only benefit from fresh air and exercise, but also collect 'Go for Gold' stickers which entitle them to regular rewards. This not only reinforces our keeping healthy and sustainable message, but also helps to alleviate the danger caused by too many cars at the school entrance.

Children who walk from the Park and Stride facilities can also take part in the Go For Gold scheme.

Footsteps

Footsteps is a road safety training programme for young children, which develops awareness of roads and helps them live safely with traffic. Children are taken into the local area with a trained tutor to observe the traffic and discuss road safety. Parents, grandparents and carers can help us to deliver this training by volunteering to become a tutor. If you are interested in taking part and promoting this initiative, then please hand your name and contact details in at the school office.



**All visitors please
report to the
school office**



Modeshift STARS

Modeshift STARS is a national schools award scheme, supported by the Department for Transport. The scheme recognises schools that demonstrate excellence in supporting cycling, walking and other forms of sustainable travel. There are three levels of accreditation – bronze, silver and gold.

Find out more at www.modeshiftstars.org



Good reasons to walk, cycle and scoot to school



- Better health
- Improved concentration on work
- Social time with family and friends
- Less pollution around the school
- Save money on fuel costs
- More awareness of road safety
- Interaction with the local community
- Improves overall mood
- Reduces stress
- Can be fun!



"I like walking to school because it gives me fresh air and I see my friends"

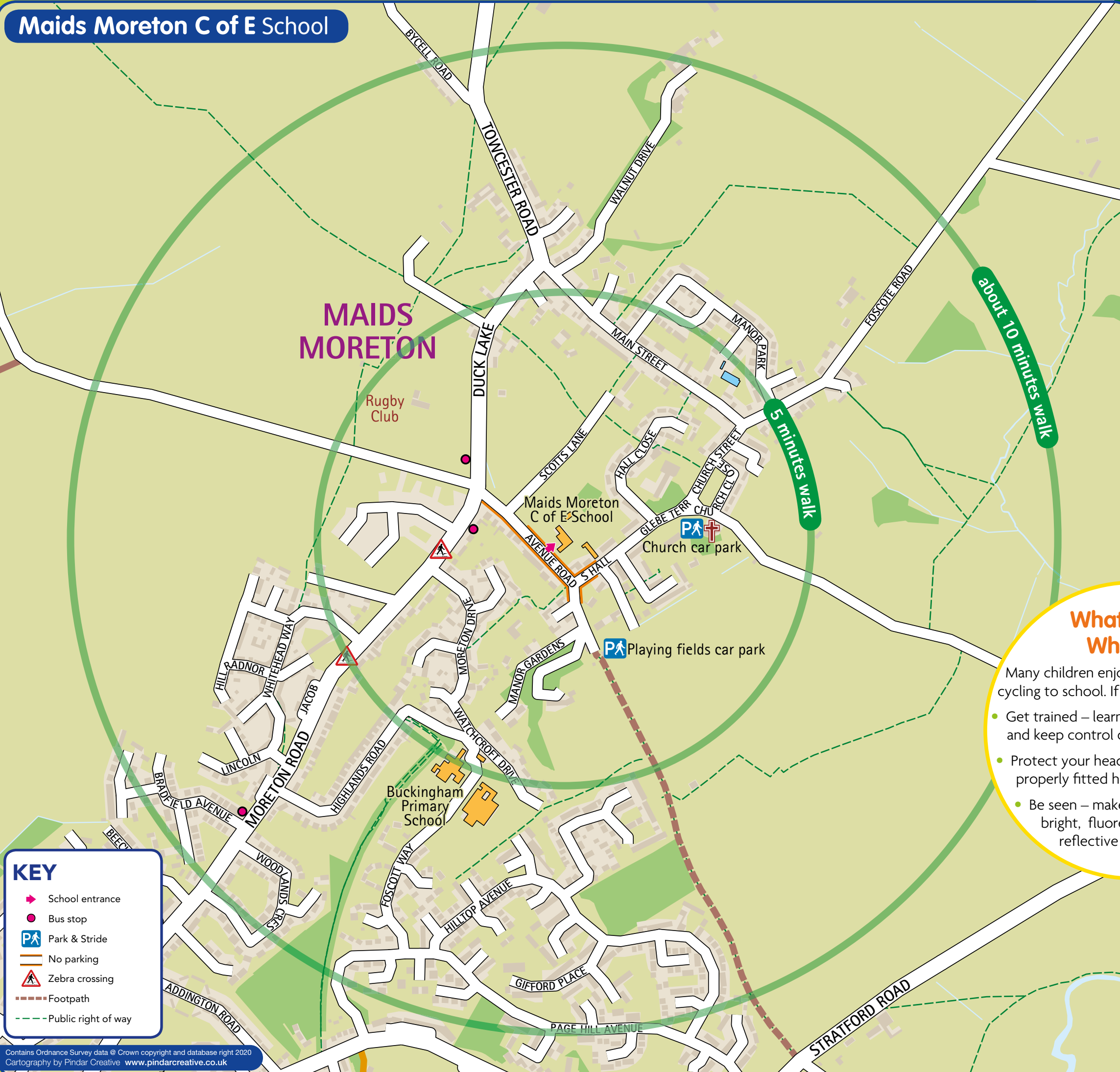
What about Wheels?

Many children enjoy scooting and cycling to school. If you do, please:

- Get trained – learn how to ride safely and keep control of your scooter or bike
- Protect your head – always wear a properly fitted helmet
- Be seen – make sure you wear bright, fluorescent and reflective clothing



MAIDS MORETON



KEY

- School entrance
- Bus stop
- Park & Stride
- No parking
- Zebra crossing
- Footpath
- Public right of way