



Travel to
Portswood
Primary School

Useful websites and contacts:

www.myjourneysouthampton.com

Plan journeys and keep up to date with Southampton's travel activities.

uk-air.defra.gov.uk
Get air quality updates.

www.sustrans.org.uk

www.livingstreets.org.uk



Portswood Primary School Travel Plan

Our STARS Travel Plan aims to make journeys to school safer and healthier for all by reducing unnecessary car use. Fewer cars on the roads results in less congestion and pollution, and safer streets for our children to walk in.

How can we make the journey to school safer?

Congestion near the school is a major safety issue. Our map shows walking zone circles – if you live within the 5 and 10 minute walking zone circles we ask that you please walk to school. It won't take as long as you think!

Families coming from outside of the walking zone circles should consider whether they can catch a bus, park and stride, or car share with other families.

Live within the 5 minute walking zone? – It could be quicker to walk to school!

Upper Grosvenor is a car free zone - No drop off's or cars driving in this road will keep it safe for pupils and families. This road should be used by pedestrians only!

Please don't drive up Somerset Road. We want the roads which have pedestrian entrances to be clear of cars and safe for pedestrians.

The majority of children live within a mile of school.

Many families already walk to school but we need everyone to join in. A STARS Travel Plan helps Portswood Primary to achieve Healthy Schools and Eco-Schools awards and enables us to apply for funding for infrastructure improvements, and other exciting projects like this map and free theatre in education for our pupils.

Find out about car sharing or use the online journey planner at:

www.myjourneysouthampton.com

'It's great to walk to school because the fresh air wakes you up and you get some exercise'



'It's great to walk to school because if you leave a bit earlier you can go to the park on the way'

Park & Stride...

If you are one of the few families that live too far from school to walk all the way then why not 'Park & Stride'?

Many parents now use Park & Stride. It's easier than searching for a parking space in the street outside the school, you won't be blocking the streets for local residents and it helps reduce the amount of pollution around the school.

Why not try parking in different places near the five or ten minutes walking zone circles and find your favourite route to school?

Things to make your journey easier -

- **Kitchener Road** – take the footpath into the Rec or around the edge of the Rec
- **Brickfield Road** – buggy accessible ramp into the park
- **Corner of Welbeck Avenue and Shaftsbury Avenue** – location of Lollipop lady
- **Grosvenor Road** – walk up Grosvenor Road cross Welbeck Avenue and walk into Upper Grosvenor car-free zone

The more you walk the more you smile!
People who walk and cycle are less likely to be ill, are more alert and generally happier than those who have more sedentary lifestyles.

5 good reasons to walk to school

1. Save money
2. Boost your brain power
3. Become street savvy
4. Enjoy quality family time
5. Kick start your day

Active Travel – Why walk to school?

Active children become active adults – teachers find that children who walk arrive at school more relaxed, alert and ready to learn. Even a short walk gives children a good start to the day and contributes to the 30 minutes of physical activity that children are recommended to do every day.

Time to talk and get streetwise

Walking together is a great time to chat with parents and friends. Children get to know their local area and talk about the things they see on the way. They learn the skills they will need when they start going out independently and are better prepared for secondary school.

Why walk together?

Parents may want to walk but have difficulty finding the time, as do other parents – so joining forces is a great way to get around this.

A 'Walk Together' or 'Walking Bus' scheme gives peace of mind to parents who might not have the time to walk their children to school each day, and allows children to develop their confidence on the streets.

Ideal for:

- working parents
- parents with children at multiple schools
- anyone who wants to walk more but finds it difficult

To find out more visit: www.livingstreets.org.uk

We are a WoW school!

We will be encouraging all pupils to record how they travel to school and to walk at least once a week. Pupils who walk once a week will receive a collectable foot badge at the end of each month. If you live too far to walk you can 'park and stride' instead. Park somewhere near the ten minutes walking zone circle and walk from there to qualify for the monthly badge.

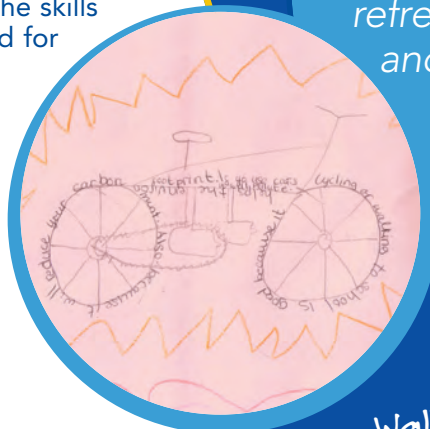
Walk through the park... you never know what you will see!

We are lucky enough to have the fabulous Portswood Rec on our doorstep. Walk from Kitchener Road and Brickfield Road around the park on your way to school, look for wildlife in the community garden and trees, maybe have a go on a swing if you get out of bed early enough!



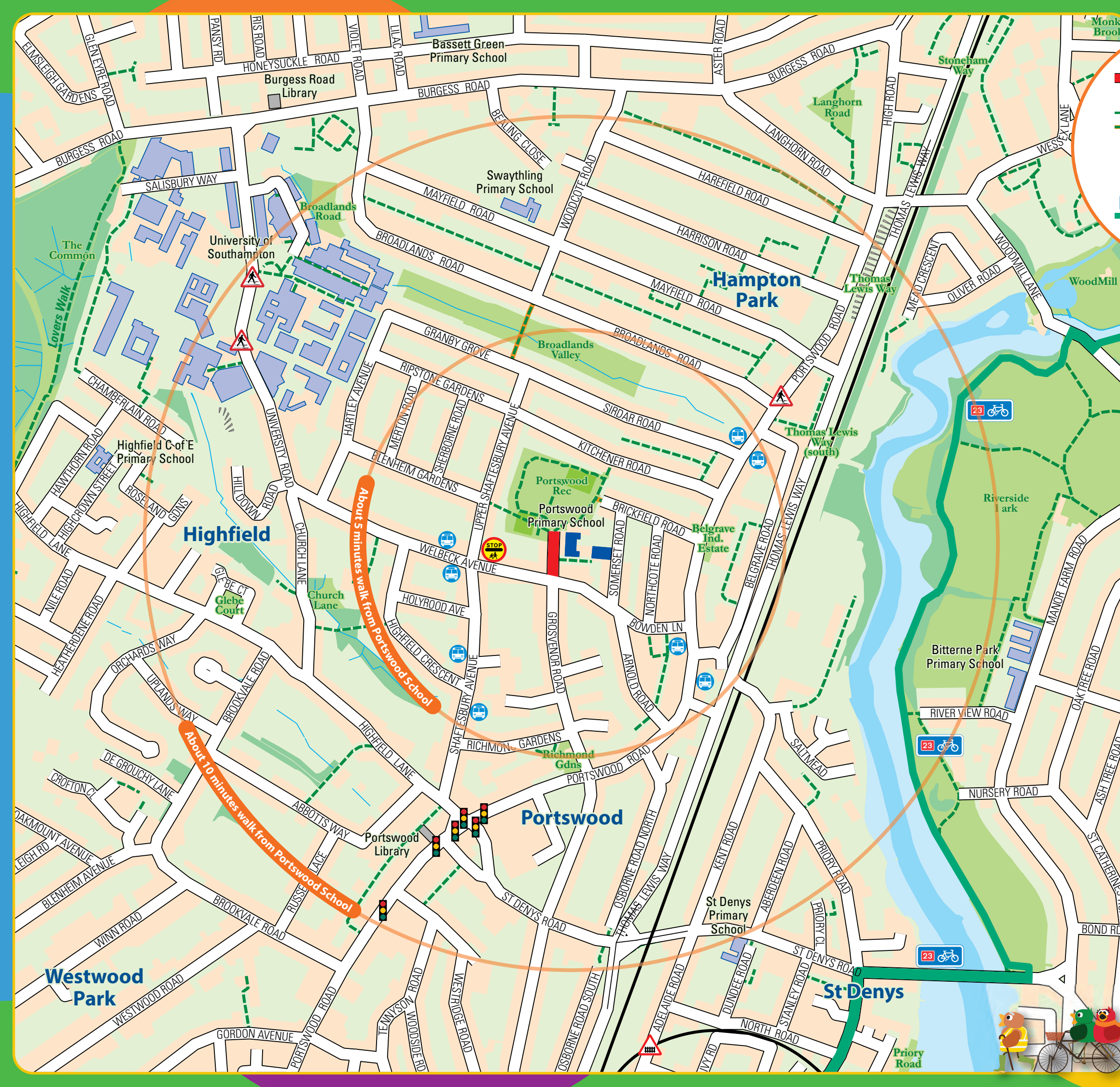
Children who exercise regularly do better at school and in exams.

'If you drive half way and park, you can walk and be refreshed by the air and the oxygen'



Walking one mile in 15 minutes burns about the same number of calories as running a mile in eight and a half minutes (NHS, Walk your way to health, 2007).



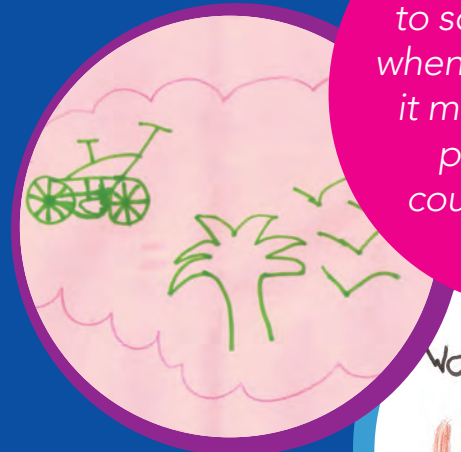


KEY

- Car-free zone
- Lollipop lady
- Footpath
- Footpath (not buggy friendly)
- Local bus stop
- Pelican crossing
- Zebra crossing
- NCN cycle route (NCN23)
- Level crossing

The largest number of road traffic collisions involving children happen at around the age of 11 and 12. Prepare your child for the transition to secondary school by walking to primary school with them.

'It's great to walk to school because when we use carbon it makes the earth polluted and could affect your breathing'



'It is greatly more efficient and eco-friendly if less people drive and find another way to get to school'

Car Sharing

Have you got seats to spare?
 Club together and Car Share!
 Halve the queues and your fuel bill!
 Avoid congestion and save time and money.

