

Travelling to St Mary's

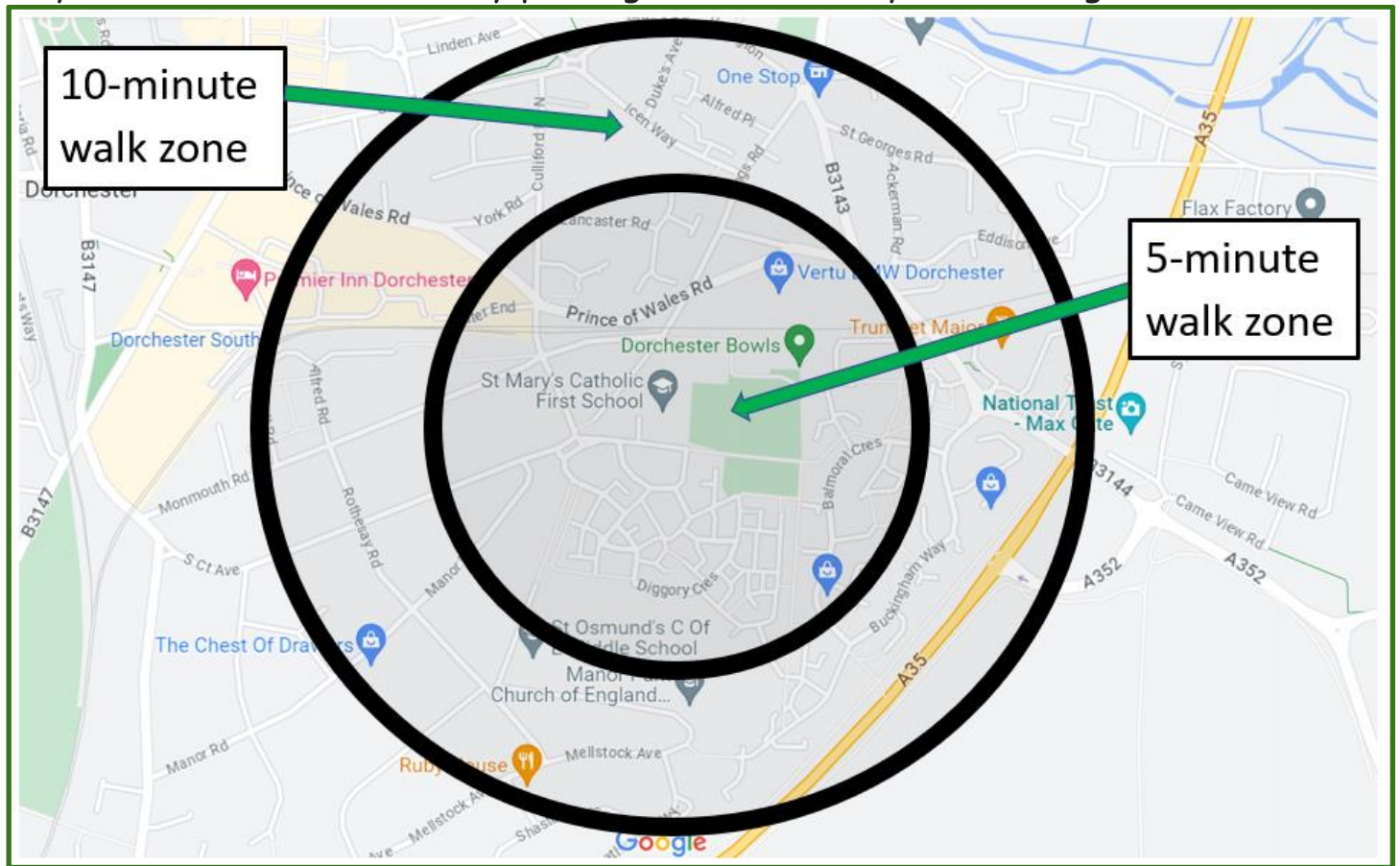
We encourage all our children to walk, scoot or bike to school because:

- It's a healthier way to travel
- It keeps you fit
- It is better for the environment
- It helps to reduce traffic around our school
- It's fun!



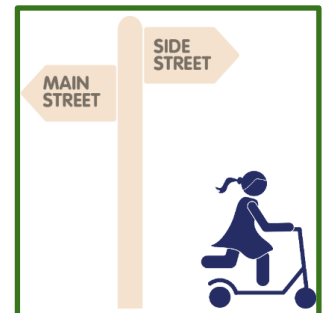
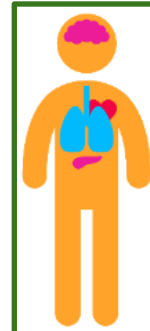
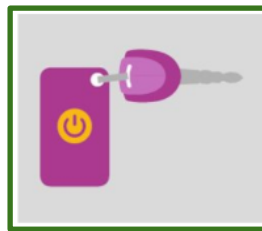
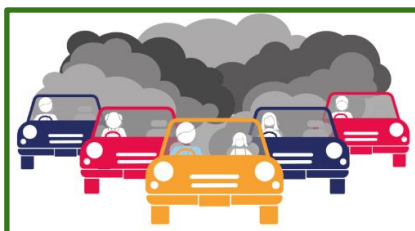
We have measured 5 and 10 minute walk zones around our school. Do you live in one of these zones? Could you walk, scoot or bike to school?

If you live too far to walk, try parking 5 minutes away and walking from there.



We want to reduce traffic and pollution by our school

- Pollution affects our health
- Switch off the engine when parked
- Use the side roads



No idling please!

At St Mary's we have a 'no idling' policy.
If you've stopped - switch it off!

**STOPPED
FOR A MINUTE
OR MORE?**



**Turn off your engine
for cleaner air**

**1 car idling for 1 minute creates
enough air pollution to fill 150
balloons**



Stay safe on your bike or scooter

How to stay safe on your bike or scooter
Make sure your helmet is fitted correctly

How to correctly fit a bike helmet:

2



Two fingers
above your eyebrows to
the bottom of your helmet

4



Four fingers
to make a V-shape around
the bottom of your ears

1



One finger
under the strap
beneath your chin

- Be safe on darker days
- Be seen in the dark

