

Last month we reached out to around 400 Kent schools to help understand the issues teachers, pupils and parents have been facing on the school run during the coronavirus pandemic.

We realise you are likely to continue to face the same issues come September.

With the responses we got, there were some common themes emerging:

- **Irresponsible parking and congestion**
- **Inappropriate speeds and careless driving (on roads close to schools)**
- **Restricted ability to socially distance**

The aim of this newsletter is to identify ways in which you might be able to rethink your journey in order to help make the areas outside your school a safer and less stressful environment, and to make the school run more enjoyable.

Changing the way in which you travel is not about altering your lifestyle or making any big commitment. It's about exploring the changes you would like to make that work for you, your life, your family and your commitments.

**If everyone takes one small step,
we can make a real difference.**



How do you do it?

Active Travel keeps you fit and improves mental health. It's a convenient way to exercise every day and you can save money on parking, fuel and gym fees!

Cycling can be quicker and can avoid traffic jams.

Walking is absolutely free; it's great exercise and you can time your journey precisely.

If it's too far to walk or cycle all of the way, why not try **Park & Stride**; this means parking a little bit further away from school and then walking, scooting or cycling the last 5/10mins to the school gates!

"I love park & striding with Mummy. We go on her scooter together from the car and I like the breeze in my face. I also like it because it saves my legs from getting tired!"

Effie, 6 years old





Tips for Walking Safely

Look for safer places to cross the road, e.g. pedestrian crossings, zebra crossings, pedestrian islands, footbridges and toucan crossings. Unsafe places to cross include near bends or junctions. Avoid distractions, such as mobile phones, headphones, balls, food/drink, and talking to friends. Young children should hold hands with an adult.

- **STOP** before the kerb
- **LOOK** for cars and other traffic
- **LISTEN** for cars and other traffic
- **THINK** at all times



Tips for Cycling Safely

- Always wear a cycle helmet, even for a short journey
- Do not hang a cycle helmet on the handlebars where the straps can become caught in your wheel
- Consider wearing bright coloured clothing so other road users can see you more easily
- Ensure your tyres are pumped up

Further information and resources are available at:

<https://bikeability.org.uk/tools-for-schools>

Contact & More Info

If you are a school seeking support with Travel Plans, grant funding opportunities, or active travel and responsible parking promotion, you can visit:

www.jambusterstpms.co.uk

or email iona.rogulski@kent.gov.uk

For more specific road safety advice you can find all of our various campaigns here:

www.kent.gov.uk/roads-and-travel/road-safety

For more active travel information, you can check the Kent Connected website or app for walking and cycling routes near you:

www.kentconnected.org

