



The Forest School

## WHY WALK, CYCLE OR SCOOT TO SCHOOL?

Walking or cycling are great ways to exercise and have benefits for the environment, learning and mental health.

Walking or cycling can be worked into your everyday life and are cheaper and more environmentally friendly than other forms of transport.

Walking or cycling to school reduces congestion and improves air quality at the school gates.

Walking or cycling allows you to be more independent and teaches you skills that you will need as an adult.

Students who walk or cycle to school often arrive more relaxed, can concentrate better and are more ready to learn.

Around 1 in 4 cars on the road in the mornings are on the school run. Walking, cycling or scooting to school can reduce congestion and pollution, and help tackle climate change.



## 10 REASONS TO WALK OR CYCLE

1. It helps reduce congestion and pollution
2. It makes me healthier and fitter
3. It improves the safety of the local area
4. It saves money on fuel costs
5. It lets me find out more about my local area
6. It helps reduce stress and lets me unwind at the end of a busy day
7. It gives me more time to be with my friends
8. It helps me wake up and concentrate at school
9. It helps me concentrate at school
10. It is more fun than travelling by car



Walking or cycling can help clear the mind, lower blood pressure and boost mood.

## 10 COOL FACTS ABOUT WALKING, CYCLING AND SCOOTING

1. The average distance to school in the UK is around 1 mile.
2. A walking or cycling trip of a mile each way means you could save up to 554kg of CO2 per year.
3. 94% of people asked said that physical exercise improved their mental health
4. 1 in 4 cars on the road in the mornings are doing the school run, and travel to school by car has doubled in the last 20 years
5. You can fit 15 bicycles in the same space as one car.
6. A 30-minute walk or cycle to school, and the same journey home after school, is enough exercise to give you that hour of exercise that you need each day.
7. Cycling is 3 times faster than walking.
8. 9,000 steps a day over the average lifetime is the equivalent of 3.5 times around the earth.
9. Just 4% of pupils aged 11 - 16 in England currently cycle to school.
10. There are over 20 million bicycles in the UK.

## DATES FOR THE DIARY

16 - 22 September - European Mobility Week

19 September - Youth Mental Health Day

22 September - World Car Free Day

### Bikeability Level 3 Cycle Training

Pupils aged 11 and over, who have completed Levels 1 and 2 Bikeability training can progress to Level 3. This course teaches more complicated skills such as riding on more challenging roads and riding with other cyclists.

For more information about Level 3 courses in Wokingham, Please visit: [www.avanticycling.co.uk](http://www.avanticycling.co.uk) or contact us at: [myjourney@wokingham.gov.uk](mailto:myjourney@wokingham.gov.uk)

### Sprockets Cycle Club

Sprockets Cycle Club is a cycle club focused on developing confident cyclists. Regular sessions are held at Bohunt School Wokingham.

For more information, please go to: [www.sprockets.club](http://www.sprockets.club)

## PARK & STRIDE - GET TO SCHOOL ON TIME

If you live too far away to walk or cycle to school, then one way of cutting down on traffic outside the school, and getting the benefits of exercise, is to park and stride. This is where you park a short walk from the school and walk the rest of the way. Your school may already have this kind of arrangement, or they might be interested in setting one up.

## SCHOOL BUSES

A school bus may be provided if your designated school is too far to travel on foot or by bike. For more details about routes and prices, please see details on the Council website at:

[www.myjourneywokingham.com/bus-travel/school-buses](http://www.myjourneywokingham.com/bus-travel/school-buses)

### Buses

For public bus routes and timetables, please see [Reading Buses \(reading-buses.co.uk\)](http://reading-buses.co.uk)

For dedicated school buses, please see: <https://www.myjourneywokingham.com/bus-travel/school-buses/>



Check out our interactive cycle map: <https://cutt.ly/EWmuS1>

### Innovation Valley Rewards App

Track your active travel using the Innovation Valley Rewards (IVR) app and earn rewards. For every journey made using active modes of transport (walking, cycling, scooting and public transport), app users earn points that can then be redeemed for vouchers at well known high street retailers, or donated to charity. For more information and to find out where to download the app, please see <https://www.innovationvalleyrewards.co.uk/>.

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[www.myjourneywokingham.com](http://www.myjourneywokingham.com)



WOKINGHAM BOROUGH COUNCIL



-  Bus Stop
-  Parking
-  Play area
-  Train station
-  School
-  Bike Parking
-  Pedestrian Crossing
-  Off-Carriageway
-  On-Carriageway
-  Quiet links
-  Bike Shop
-  Bike Hub
-  800m (10min walk)
-  400m (5min walk)