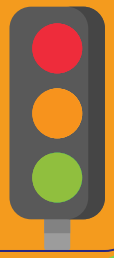
Transport for London STARS

STARS
A TfL COMMUNITY PROJECT

The STARS project encourages active, healthy, safe and sustainable travel. We aim to reduce the number of car journeys to our school to improve congestion, pollution and to make the roads safer for our children. Walking, scooting or cycling for all or part of the way to school is a great way to fit in exercise for children at the start of the day. It also helps them arrive at school awake, alert and ready to learn. For more information visit **www.stars.tfl.gov.uk**

The green cross code

1. Find a safe place to cross then stop
2. Stand on the pavement not the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass, look all round again
5. When there is no traffic walk carefully across the road



If we all try to make more trips by walking and cycling, we can reduce traffic on our streets, improve the air quality and our health and wellbeing.

Use our Walking, Cycling, Wheeling map to help plan your active travel route to school, discover new, quieter streets, and perhaps meet a friend on the way.

If you need to drive, park 10 minutes away from the school. Walking the rest of the way will help achieve your daily active mile, reduce the number of cars outside the school and help keep children safe.

Did you know?

- 69% of Enfield's pupils live within 1 mile of their school!
- It only takes 20 minutes to walk 1 mile, or 6 minutes to cycle!
- You are exposed to cleaner air when walking and cycling compared to when riding in a car!

If you need help with learning to ride, contact **healthystreets@enfield.gov.uk** for advice.

Why Active Travel?

Actively travelling to school is more fun than riding in a car, it helps you reach your daily exercise goal of 60 minutes and helps you concentrate better at school. Walking, scooting or cycling your journey also improves your road safety awareness, and helps you become confident to travel independently.

Walking is simple, free and a great way to exercise.

Cycling & Scooting are fun and help improve your co-ordination, motor skills and balance.

Public Transport is better for the environment than using a car. Fewer cars equals better air quality. You can also combine it with active travel by getting off a stop earlier and walking the rest of your journey.

Walking, Cycling, Wheeling

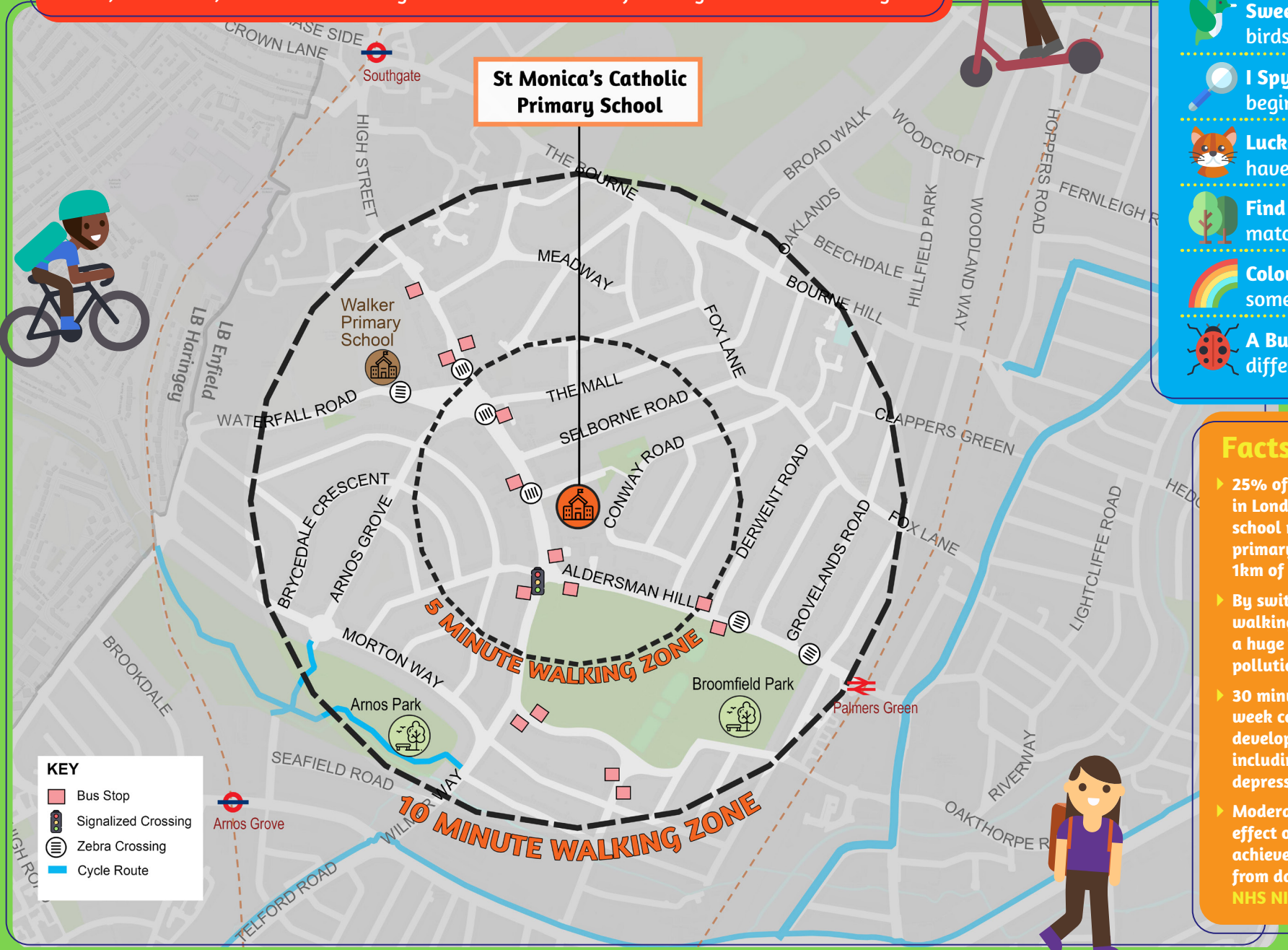
Getting to

St Monica's Catholic Primary School

ENFIELD Council

Plan your trip to school with your child

If you don't live far from school walking, cycling or wheeling is a healthy way way to travel! It's easier, saves time, reduces stress and gives children exercise before they start the school day.



What can you spot on your way to school?

- **Sweet Tweet** - how many birds can see or hear?
- **I Spy** – find something that begins with A,B,C...
- **Lucky You** – how many cats have crossed your path?
- **Find What Fits** – which leaves match which trees?
- **Colours of the Rainbow** – find something of every colour.
- **A Bugs Life** – how many different insects can you spot?

Facts & Figures

- 25% of traffic during rush hour in London can be attributed to the school run, however the majority of primary school children live within 1km of their school.
- By switching from the car to walking or cycling, there would be a huge reduction in congestion and pollution during peak hours.
- 30 minutes of activity 5 days a week can help reduce the chances of developing several major illnesses, including diabetes, cancer and depression.
- Moderate exercise has a positive effect on well-being, mood, sense of achievement, relaxation and release from daily stress.

NHS NICE Guidelines 2019