

Active travel

Research shows that active travel to school makes children more alert and ready to face the school day than if they had arrived in a car: walking, cycling or scooting to school wakes up the mind and body.

The Chief Medical Officers' recommendations include vigorous intensity exercise to strengthen muscle and bone at least three days per week.

Mood & concentration

Research shows that 15 minute bouts of aerobic exercise - including walking, cycling, and scooting - can significantly increase positive mood and decrease negative mood amongst younger children.

Active travel can increase concentration by up to four hours.



Cost saving

Potential savings you could make by scooting to school in term time.

Distance to/from school	One mile	Two miles
Scooting 1 day a week	£87.50	£175.00
Scooting 2 days a week	£175.00	£350.00
Scooting 3 days a week	£262.50	£525.00
Scooting 4 days a week	£350.00	£700.00
Scooting 5 days a week	£437.50	£875.00

Figures have been calculated on a total motoring cost (including insurance, depreciation, servicing and petrol) of 55.74p per mile (the average figure in 2012 according to the RAC) and making two round trips a day.

Walking

Walking is known to improve academic performance. Children arrive brighter and more alert for their first morning class. In a UK Department for Transport survey, nine out of ten teachers said their students are much more ready to learn if they've walked to school. Walking reduces stress and increases creativity, both of which will help a child's performance at school.

Traffic awareness

Children who walk, cycle, and scoot to school from an early age develop road safety awareness and are less vulnerable when they walk independently to secondary school. Learning at a young age helps children gain a greater awareness of traffic and the ability to travel safely.

Emissions

Road transport accounts for 22 per cent of total UK emissions of carbon dioxide (CO₂) - the major contributor to climate change.

Benefits of activity

Physical activity can encourage healthy growth and development, maintain a healthy weight and reduce anxiety and stress. It can improve muscular strength, endurance and flexibility in children and adolescents.



Shalfleet Primary School School Travel Plan

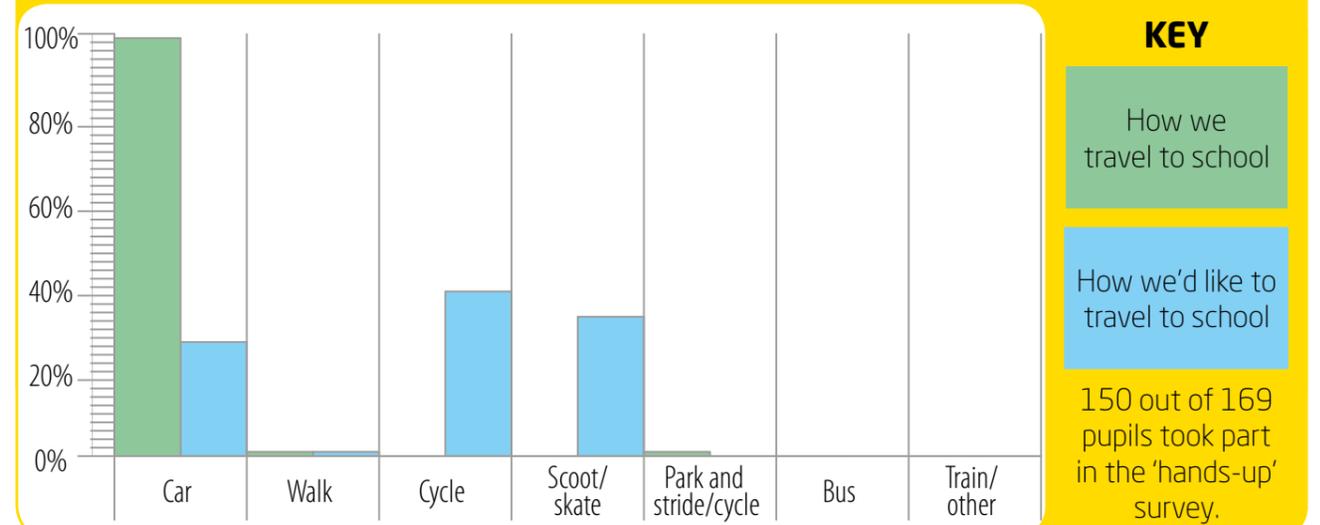
Shalfleet Primary School encourages and supports the whole school community to travel more actively and sustainably where possible.

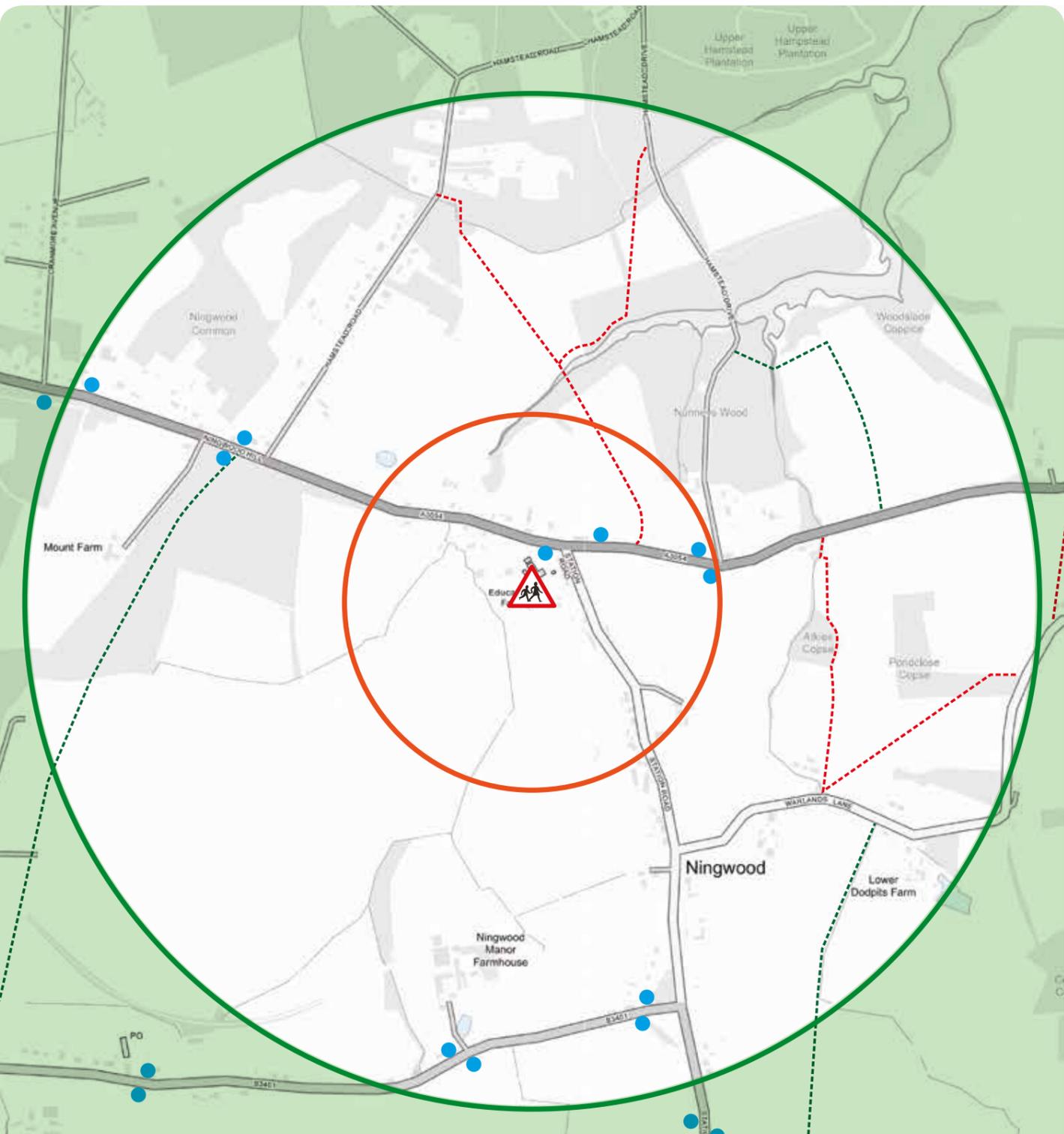
Studies show that travelling actively can help develop physical and mental well-being, social interaction, independent travel skills and good road sense. This helps ready our children for when they leave Shalfleet Primary.

We work with a range of external providers, such as Sustrans and the Isle of Wight Council, to keep up-to-date with any appropriate schemes or grants that help us deliver this policy.



How we travel to school and how we'd like to travel to school





Key

	School location		Bus Stop
	15 minutes walk zone		Pedestrian crossing
	300m exclusion zone		Footpath
	Free Park & Stride		Off-road cycle route
	Railway Station		Byway, bridleway and off-road cycle route

Walk one mile

One mile of walking equals two thirds of the recommended daily sixty minutes of physical exercise. On the map, the outer green circle is half a mile from the school.

1 mile = 60/40 minutes RDPE

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School facts

Name
Shalfleet Primary School

Location setting
Village location

Children on role
169

Existing travel

Number of staff walking or cycling
2

Where do pupils travel from?

- 15% of children live within one mile of school.
- 64% live outside of two miles.

Current travel methods:

- 99% of children are driven to the school gate.
- Given the choice, 39% said they'd like to cycle.
- 33% would like to scoot.

Local sustainable routes

Bus service
The nearest stop is a couple of minutes from the school. Buses serve Yarmouth and Newport, every hour.

Bridleways/footpaths
None that access residential areas.

Signed/designated crossing points
None.

Initiatives and training

Programs/training
Pedestrian training.

Initiatives
Walk the Wight

School marks
Sportsmark

Clubs
Bike and skateboard

Parking facilities

On site storage

- 6 uncovered but lockable bike spaces.
- No scooter parking.

On site car parking
16 staff spaces, 4 visitors spaces and 6 allocated drop-off spaces.

Parking restrictions around the school
School is accessed by one busy main road and one narrow lane.

Distance from school to available on-road car parking
Thirty seconds.

Potential park and stride location
Horse and Groom pub has parking space for around 30 to 40 cars. It's a 2 minute walk away from the school, across a main road.

Highway assessment

Speed limit outside school
30mph

Pavement access to school
Part of the road has a pavement, but only on one side.

Dropped curbs
None.

