

## Travel to Kilnhurst St Thomas C of E Primary Academy



Rotherham  
Metropolitan  
Borough Council



## YOUR TRAVEL OPTIONS FOR THE JOURNEY TO SCHOOL

### Take to the street on your feet

Walking to school is free, fun and gives you and your child valuable time together before the school day – something you can't do when you're focusing on driving.

Walking is suitable for all ages and fitness levels and is a great way for you and your kids to get active.

By walking to school, you will be breathing in cleaner air than those sat in their cars and will be helping to reduce the number of cars outside the school gates, making the school journey safer for everyone.



### Swap 4 wheels for 2; cycle or scoot

Riding your bike or scooter to school is one of the best forms of exercise for young people. Cycling and scooting helps your child easily build physical activity into their daily routine.

It is also a huge money saver with those choosing two wheels over four seeing a reduction in fuel costs of more than £400 a year!



### Enjoy the ride, then park & stride

It may not be possible for you to walk all the way from your home to school, but it is worth trying to walk at least some of the way.

Avoid the stress of trying to park outside the school gates by parking a little further away from the school gates and walking the rest of the way.

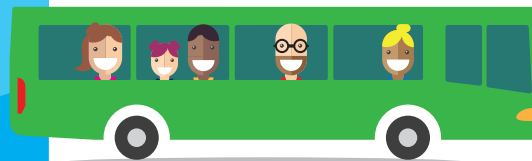
Use this map to find somewhere to park at least 5-minutes away from school so that you can build some exercise into your day and avoid emitting harmful pollutants from your car into the air directly around the school.

### Much less fuss if you take the bus

Travelling by bus, train or tram is a great way to get to school if you have a longer distance to travel but want to leave the car at home.

It is also great for the environment; a full bus can take up to 40 cars off the road meaning there is less pollution and congestion. You will still be getting some of your daily active minutes as the walk to and from the bus stop counts as exercise!

To see a huge range of value for money child tickets available and to plan your journey and view live public transport information visit [travelsouthyorkshire.com](http://travelsouthyorkshire.com).



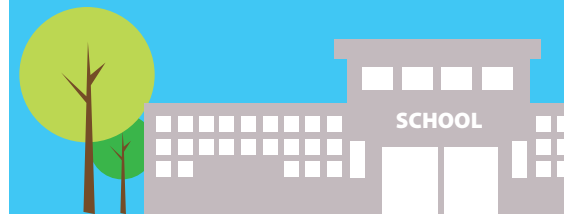
The STARS South Yorkshire project focuses on promoting active and sustainable travel to pupils, parents and teachers across the region through the delivery of fun, engaging and educational activities. The ultimate aim is to encourage everyone to lead a healthy and active lifestyle, starting with the journey to and from school.



### Get Involved

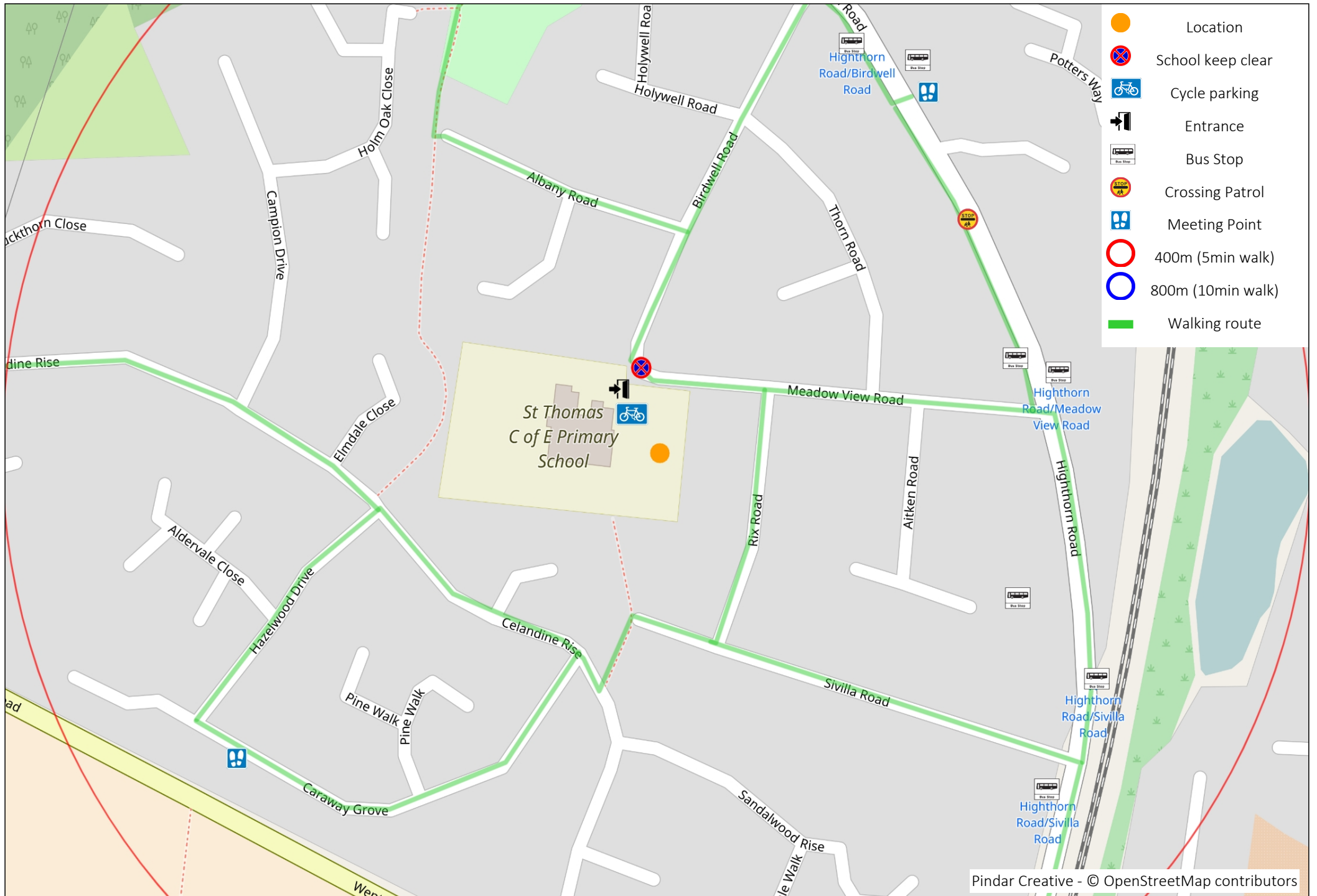
From getting children and young people active, creating safer school environments, improving Air Quality around schools and boosting educational attainment, the benefits of getting active on the journey to school are huge!






Morning exercise improves  
your mood, lowers stress and  
increases concentration!



@SY\_STARSAwards





-  Location
-  School keep clear
-  Cycle parking
-  Entrance
-  Bus Stop
-  Crossing Patrol
-  Meeting Point
-  400m (5min walk)
-  800m (10min walk)
-  Walking route