

EASTBURY COMPREHENSIVE SCHOOL TRAVEL LEAFLET

Most of our pupils travel independently to and from school



How do you travel?

We encourage everyone to cycle or walk for at least part of the journey to school.

Why?

Walking and cycling help to keep us fit and healthy

Cycling and walking burn calories, exercise the leg muscles and improve heart and lung health

Freedom!

We believe cycling is a life skill that everyone should be able to gain

*Owning a bike and being able to cycle safely means you are **independent**. You don't need to wait for your mum to give you a lift or stand at the bus stop with everyone else – you can be on your way!*

Cycling helps keep our air clean, and our local streets free from congestion

London exceeded permitted levels of some pollutants (called PM10s) on 36 days in six months during 2010. The European Commissions air quality standards only allows us to go over those levels for 35 days during an entire year.

We want you to develop and learn to the best of your ability and do well in your exams

Walking gets results. Studies at the University of Essex showed that exercise helped 10 and 11-year-olds do better in exams.

Ask yourself: *Do you want to live in a place where everyone drives?*

Currently in London fewer than 50 per cent of households own a car. Imagine the congestion and pollution if 100 per cent of households drove.

How we travel matters

What we do

- All local **school trips** are made by public transport where possible, or on foot if the destination is close by
- Encourage all members of our school community to **walk or cycle for at least part of the school journey**, even if they have to come by bus or car
- Provide cycling maps of the local area – ask at reception
- As part of our School Travel Plan we carry out regular consultations to ensure we know what prevents more active travel and what we can do to remove barriers

*What would encourage you to walk or cycle more?
We want to hear about it,
Speak to your school council representative*



What our pupils do:

Walk or cycle to school whenever possible

Get dropped off away from the school

When a car must be used, ask your parents to drive only part of the way and drop you off a few streets/half a mile away from the school. This helps build exercise into your daily routine and contributes to the hour a day of physical exercise that everyone should get.

(If you don't know how far away from school you live, look at the Transport for London journey planner website. It's probably not as far as you think! www.tfl.gov.uk/journeyplanner)

Walk once a Week

Walk the whole journey to school or park away from the school and walk as far as possible one day a week.

Behave responsibly and respectfully

Whenever you travel on public transport we ask you to be mindful of others, to treat others as you expect to be treated, and represent the school and yourself in an adult and responsible manner. No matter where you go there will be younger children who will look up to you – be a good role model!

Some tips to help you get to school for free, on time and in one piece!

Park and walk

Get active! If you get a lift to school because you live far away, ask to be dropped off a few streets away from the school and walk the last 10-15 minutes.

Walk together

Walk with your mates – it's an opportunity to catch up on the gossip and get some exercise at the same time. Much better than paying money to go to a gym!

Mobile phones

They may help make us feel safer, but using mobile phones while walking can actually make it more likely that an accident will happen – they distract us and mean we don't concentrate on what we're doing or on the road ahead. *New York State legislators are even trying to make texting while crossing the road illegal in New York City.*

iPods

If you're by yourself when walking you should be able to hear what's going on behind you. Listening to an iPod means you are 'blind' to everything except what's right in front of you. This puts you in a very vulnerable position on London's streets. Think before you start listening to your iPod.

Too far to walk?

Find out how far you *actually* live from school by going to www.walkit.com

Be able to plan the best routes, and find out what's a 15-minute walking distance from wherever you may be. Download the www.walkit.com app for your iPhone.



Zip Oyster card

11 to 15-year-olds can travel for free on buses and trams, and at the child rate on the Tube, Docklands Light Railway, London Overground and most National Rail services with a Zip Oyster photocard.

Get an application form for a 11-15 Zip Oyster photocard from your local Post Office or by calling the Oyster helpline on 0845 330 9876. You can also request one online at www.tfl.gov.uk/zip

Once you have completed the application form, you'll need to apply at the Post Office. Along with an application form, they will need:

- A full-face, passport-sized photo
- £10 for the non-refundable administration fee
- Proof of age

Cycle training

Coming soon to Eastbury Comprehensive School. Even if you don't want to cycle to school, it's a skill everyone should have.

Bikeless?

If you've lost your bike or never had a bike, try joining your local Freegle or Freecycle group (online) and ask if any members have a bike they no longer use.

<http://ilovefreegle.org/>

Our School Travel Policy

Our school is a healthy school which supports its pupils to become independent, capable members of the community with the skills to constructively participate and make a positive contribution to the place where we live

Did you know?...

- Active travel is one of the easiest and cheapest ways to build exercise into your daily routine
- Physical activity can boost mental wellbeing and help with anxiety and depression. There's also evidence to suggest it can prevent it occurring in the first place.
- Walking one mile in 15 minutes burns about the same number of calories as running a mile in eight and a half minutes.

**Address: Eastbury Comprehensive School,
Hulse Avenue, Barking, Essex, IG11 9UW**

How to find us:

Walking to Eastbury is approx. 15 mins from Barking Station and 11 mins from Upney Station.
Cycling - Eastbury has a sheltered bike shed for those that wish to ride their bikes to our site.
Buses - The 5, 62 and 387 pass along Longbridge Road at the bottom of Hulse Avenue where the school is located. Buses normally frequent the bus stop every 5-13 mins.
Tube & Trains - The District and Hammersmith & City Line, London Underground and C2C trains stop at Barking Station. The District Line also stops at Upney Station.

School travel, and changing the way we travel generally, is important because as well as caring for our own health we care about our environment and the wellbeing of others

