



## West Moors Middle School

### ACTIVE TRAVEL POLICY

At West Moors Middle School, we encourage pupils, parents and staff to travel actively to school by walking, cycling and scooting wherever possible.

Currently, only 5% of pupils cycle to school. We would like to see an increase in this number.

#### What are the benefits of active travel?

- Improves mental health leading to improved attendance and academic success
- Improves physical health, helping pupils to achieve the recommended minimum of 60 minutes of physical activity per day
- Promotes independence and improves road safety awareness
- Reduces congestion and noise in the community
- Improves air quality around the school



In order to ensure as many pupils as possible are given the opportunity to realise these benefits we each have an important role to play.

#### Staff will encourage pupils to travel to and from school more safely and actively by:

- Promoting the benefits of active travel
- Celebrating the achievements of those who travel actively to school
- Raising awareness of the air quality benefits of active travel
- Providing cycle and scooter storage
- Providing cycle and scooter training to all pupils who wish to participate

#### We expect our pupils to:

- Behave in a sensible, safe and respectful manner and to consider the needs of others when travelling
- Use lights and high-visibility clothing where appropriate and wear a cycle helmet

- Check that their bicycle or scooter is roadworthy and well maintained
- Follow the rules of the road (Highway Code) when travelling

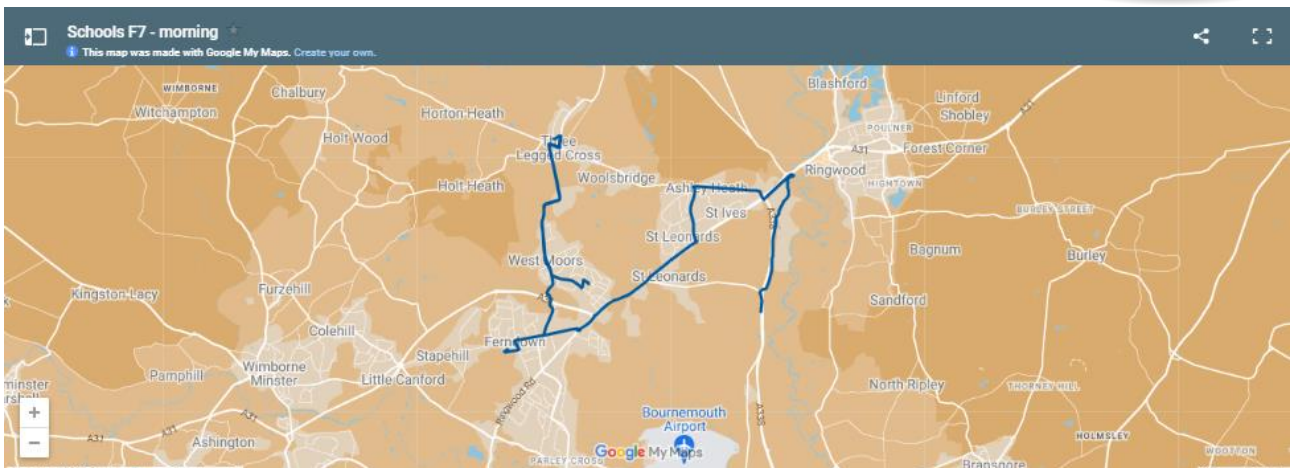
**For the wellbeing of our pupils, we expect parents/carers to:**

- Encourage their child to travel actively to school
- Consider walking, cycling or scooting with their child
- Encourage their child to take up opportunities to develop their competence and confidence in walking, cycling and scooting
- Provide their child with safety equipment as appropriate, which may include high-visibility clothing, lights, cycle helmet and a lock
- Ensure that the bicycles and scooters ridden to school are roadworthy and well maintained

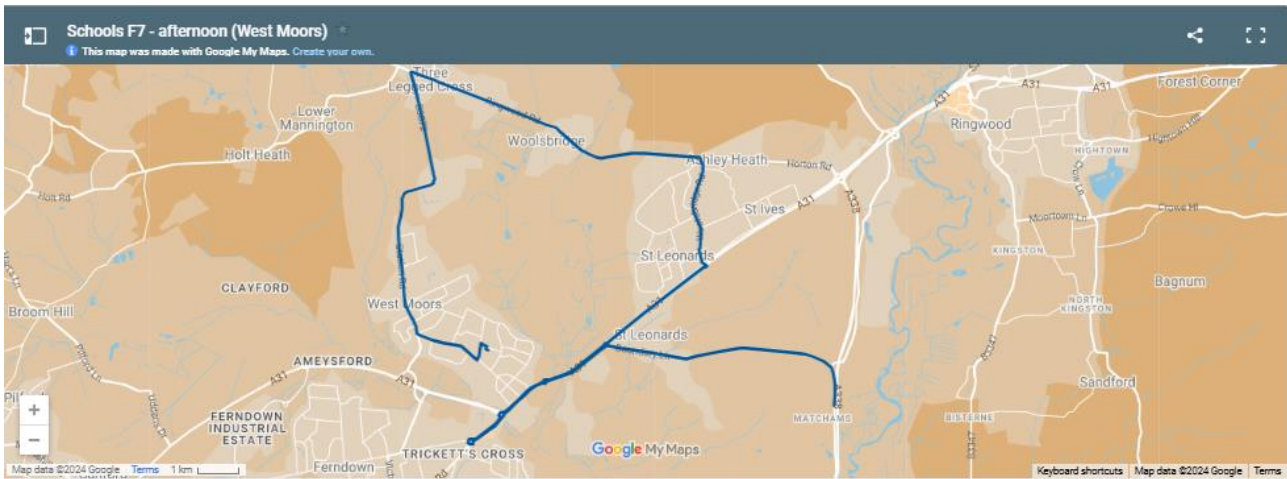
For pupils and staff who are unable to walk, cycle or scoot their whole journey to and from school, we encourage the use of public transport, car share and park and stride.

**Using public transport to get to school**

**By school bus (Excelsior): F7 - Ashley Heath and Three Legged Cross to Ferndown Upper and West Moors Middle Schools**



**Parents and carers are reminded that they are responsible for the safety of their child on the journey to and from school.**



We would be interested to hear your ideas of how to improve safety or air quality around our school. Please email your suggestions to our Travel Plan Co-ordinator, Dr Craddock, at [admin@westmoorsmid.dorset.sck.uk](mailto:admin@westmoorsmid.dorset.sck.uk).

West Moors Middle School would like to thank you in advance for supporting our active travel policy which has been agreed by the school's Strategic Leadership Team and approved by our school governors.



This policy has been shared with our Eco Warriors. Their aim is to continue to encourage all West Moors families to actively travel to school as frequently as possible. In doing so, we will reduce our carbon emissions which in turn will create a more sustainable future.