



## LET'S WALK TO SCHOOL



This map has been produced in partnership with Living Streets, the UK charity for everyday walking. Living Streets wants a nation where walking is the natural choice for local, everyday journeys.

» To find out more about Living Streets' Walk to School campaign visit: [livingstreets.org.uk/walk-to-school](http://livingstreets.org.uk/walk-to-school)



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## WALKING ZONES

### 5-minute zone

Unlike other schools Katherine Warrington School has been positioned nicely near the Batford nature reserve. It is a lovely short walk to or from school a perfect time to unwind and falls within the 5 minute walking zone. Firstly cross the zebra crossing and go to the river (by the bridge) If you are lucky you may see a heron in the water.

In the Katherine Warrington School 5-minute zone, there are a number of local roads where you could park and stride from, meaning you don't have to drive to the school gates.

We have a bike shed in the school so pupils can cycle and store their bikes safely. Near our school there are many green spaces to get fresh air. We also have a popular gastro pub only 4 minutes from the school.

### 10-minute zone

Within the 10 minute zone from school, there are a number of shops you could walk to and from including Kingfisher's fish & chips.

We also have the shop near the park, which is a 5-9 minute walk from the school, depending on your walking speed. This area could also be a good park and stride location.



## HEALTHIER

## BEST FOOT FORWARD

Children and young people should be getting at least **60 minutes** of moderate exercise every day to develop movement skills, muscles and bones. Walking, cycling and scooting all count and what better time to get a few minutes of extra activity than on the way to school?

In addition to the mental and physical health benefits, walking to school gives students independence and reduces congestion and pollution. Students who walk to school will also benefit from being more closely connected to their communities and nature.



## NEXT STEPS to Secondary School

Starting secondary school is a big event in an 11 year old's life – and that of their parents or carers. It signals the start of a new chapter and one that generally comes with gained independence and longer journeys.

**NEXT STEPS** is Living Streets' walking challenge for students transitioning to secondary school. Next Steps encourages students to discuss and think about their new journey with their parents and carers and suggests trying the route to school during summer holidays to ensure new students are prepared and safe.



## YOUR SCHOOL

Katherine Warrington school opened in September 2018.

The school is an environmentally friendly school. We have solar panels, recycling bins and the lights turn off automatically when not in use. Our school is dedicated to encouraging active travel for this reason alongside the other benefits of being active.

## HAPPIER



It's a new school so everything is fresh and clean. Our canteen has a variety of tasty new foods for you to try.

We have bike and Scooter storage and a Modeshift Stars accredited travel plan.

## ...AND BREATHE

Did you know that in the UK, the school run alone is responsible for generating half a million tonnes of harmful carbon dioxide a year?

We can all make changes to reduce the impact we have on climate change. For example, avoid using the car for short journeys that can be easily walked, like the journey to school.

When you do have to drive, remember to switch your engine off whilst stationary. Idling engines can create up to 150 balloons worth of toxic exhaust emissions every minute.



## LOOK RIGHT, LOOK LEFT

At secondary school, children begin making their daily journey alone. In fact, 37% of students travel independently, so having road safety skills is vitally important.

If you live too far to walk the whole journey, why not try Park and Stride? Find somewhere suitable to park at least a 10-minute walk away from school and complete your journey on foot. If you take public transport, hop off a couple of stops earlier and walk the rest of the way.



## LIVING STREETS

Living Streets is a charity that promotes everyday walking, they help schools like ours improve how much we walk on our journeys to and from school. They have helped us to remember that walking to and from school is environmentally friendly and it helps make you physically and mentally healthier.

Since the school has opened Living Streets has run annual walking challenges with Year 7 pupils and completed street audits where we discussed why people choose not to travel actively. They have also delivered assemblies, giving us lots of tips on how to include more walking into our daily routines.





