

You're the key
to cleaner air
Pledge, change & save



How to get to secondary school

A guide to help you and your child
plan the route to secondary school



Let's all care
about cleaner air.
#Bethekey

 **WIRRAL**

Making the transition to secondary school can already be a worrying time for children, parents and carers, not to mention considering the additional travel arrangements needed to get to and from school.

However, with a little planning, the challenge can be managed to make the transition smooth and ensure that children are prepared and safe for their journey.

Walking, cycling and using public transport to get to and from school is a great way for children and young people to be more active. It can help them maintain a healthy lifestyle and increase their self-confidence and independence.

By travelling sustainably, we can further reduce pollution and make it safer for children, parents and carers on the school run. Not only does reducing time spent in the car result in health benefits but can have environmental and economic benefits for everyone too.

Read on for advice and tips on walking, cycling, using public transport and travelling by car and take some time to plan the new route together.

Walking



If you live within 3 miles of your child's new school, then walking or cycling is the ideal option. Walking to and from school is an easy way for children to fit more physical activity into their day to stay fit and healthy and for them to enjoy walking with friends.

Encourage your child to:

- Take responsibility for their journey; practice and time their new route to school
- Wear reflective clothes on dark mornings or evenings and fluorescent or bright clothing during the day
- Get active - walking is the easiest and healthiest way to get around.

Safety issues

- Remind children not to listen to music or use a mobile phone when crossing roads
- Stay streetwise - support them so they look and feel confident and suggest they stay on well-lit routes
- Encourage them to walk with friends whenever possible





Cycling is a great way to keep fit. Your child can choose their route and gain more independence, knowing they'll arrive on time and not have to depend on a lift!

However, it's important to ensure they have enough road safety awareness to cycle on the roads. Primary schools (from Year 5 onwards) and secondary schools are offered free National Standard Cycle Training.

Encourage your child to:

- Check if their new school has cycle storage or lockers
- Plan and practice their route - the best route may not be the one you would take in a car
- Check and maintain their bikes regularly
- Practice using a puncture repair kit

Safety Issues

- We do recommend that children wear cycling helmets which are the right size and securely fastened
- Ideally, bright coloured clothes should be worn in the day and reflective strips and luminous colours worn at night
- Bikes must have a rear red reflector and must be fitted with a white front light and a red backlight if used when dark
- Remind children not to listen to music or use a mobile phone whilst cycling





It's easy to find out how to make a bus or train journey by using the Merseytravel Journey Planner; jp.merseytravel.gov.uk

Use the Journey Planner to help them plan their journey.

Encourage your child to:

- Note down the bus numbers and times for their journey. (Include extra times in case they stay late for after school activities)
- Be respectful to other passengers
- Cycle or use the train - bikes are carried for free on Merseyside trains
- Remember to have the correct fare or pass

Safety Issues

- Remind children to take care when getting off the bus; never cross the road in front of, behind or around a bus
- Encourage them to travel with friends - it is safer and can be more fun for them too
- On trains ensure they store their bicycle safely and securely and away from doorways

Remember to make sure they have important telephone numbers written down in case they lose their phone!





If you really must use the car, don't park right outside the school on zig zag lines, across driveways or on pavements; this makes it dangerous for pupils crossing the road and causes congestion. Plus you could end up with a fine and points on your licence.

Remember to switch off your engine if you are parked up as this will reduce the build-up of air pollutants and improve local air quality.

Did you know? On busy roads, passengers in cars are exposed to more pollution than those walking or cycling!

Safety Issues

- Children should exit the car only when you've parked safely - always getting out on the kerb side, making sure they look out for other pedestrians
- Remember to check that everyone in the car is wearing a seatbelt or using the correct restraint. The law says that children must travel in an appropriate child restraint until they are at least 135 cm tall or 12 years old, whichever comes first.

Did you know? People are twice as likely to die in a crash if a seat belt is not worn! Always wear a seat belt on every journey.

If you are driving, there are some small changes you can make to help reduce congestion and pollution:

- **Park and Stride:** Drop off at a short distance from the school and let your child walk the rest of the way
- **Be a 'part timer':** Encourage your child to walk, cycle or use public transport twice a week
- **Car sharing:** Take it in turns to do the school run and save money!

Useful numbers

Walking

www.livingstreets.org.uk

Cycling

For cycle training please email:

merseysideoffice@bikeright.co.uk or

call **0151 207 3140**

Public Transport

Visit jp.merseytravel.gov.uk or call at one of Merseytravel's Travel Centres for information and advice on planning your journey, travel passes and fares.

Birkenhead Travel Centre, Birkenhead Bus Station,
Claughton Road, Birkenhead CH41 6RT

8.30am - 6pm Monday to Saturday

10am - 5pm Sundays

Wirral Council Road Safety

email: roadsafety@wirral.gov.uk

For information about eligibility for free travel passes and transport for young people with a special educational need or disability, visit:

wirral.gov.uk/schools-and-learning/funding-and-financial-support/free-travel-school

Wirral schools travel pass information email the Council Call Centre Information and Advice Team
hotdesk@wirral.gov.uk or call **0151 606 2020**

For Transport for young people with a special educational need or disability email:

CYPD_transport4children@wirral.gov.uk

or call **0151 666 4697**

Journey Planner



Always tell someone at home if you will be home later than planned.

My Routes

Walking to my school will take me _____ mins.

Cycling to my school will take me _____ mins.

Travelling by bus means I can get the following buses:

To School		From School	
Bus #	Time	Bus #	Time

Travelling by train:

My nearest train station is: _____

It will take _____ minutes to walk/cycle from home to train station.

It will take _____ minutes to walk/cycle from the train station to my new school.

To School		From School	
Train	Time	Train	Time