

London Borough of Sutton

How we travel to school



A new school, a new routine

Now is the perfect time to think about how your child will go to school. The school run is a great opportunity to start your child's day in a positive and energised way - walking, cycling or scooting contributes towards the recommended 60 minutes of daily physical activity every child should do.

By leaving the car at home or parking away from the school gate, there will be less congestion and pollution in the roads around schools, make the school environment safer and our children will be healthier, happier and ready to learn.

For many reasons, it can be difficult to walk the whole journey. However, through our individual choices, we can all make a difference to the health of our families and our environment. This booklet outlines how you can make small and easy changes that can make a big difference.



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What are we working towards?

Our vision

We want to help more pupils, parents and school staff walk and cycle more often.

Our aims are to improve accessibility and air quality, and support and enhance Sutton's economy - by providing schools with facilities and initiatives so that they can

support their school community to travel in healthier ways to school and for journeys later in life.

What we want to achieve

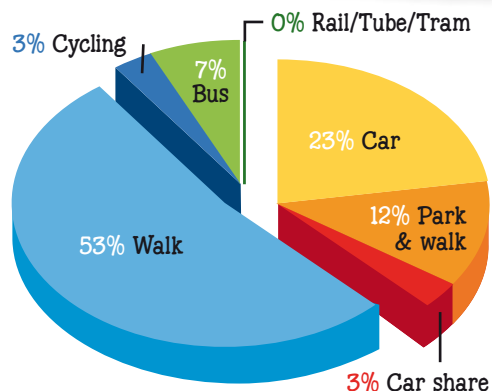
What	How	One Planet Sutton target
Support economic development and growth by...	Improving access to education, training and work	Increase the proportion of school pupils travelling by sustainable means to 80% by 2017 - That means 80% of journeys to school being made on foot, bike, scooter, bus, public transport, car share and park and walk
	Reducing congestion at peak times and smoothing traffic flow	
Enhanced quality of life for Londoners and Address transports contribution to Climate change by...	Increasing walking and cycling	
	Reducing air pollutant emissions from ground-based transport	
Improve the safety and security of all Londoners by...	Supporting the low level of road traffic casualties through the provision of scooter training, cycle training and pedestrian skills initiatives	

Most pupils and families walk to school

Over half of primary school pupils and their families walked to school in 2014. That's around 9,000 families walking to school in Sutton each day.

We encourage schools to carry out hands up travel surveys in class so that we can keep a track of how everyone travels to school.

Pupils tell us they want to travel to school in more active ways. In 2014, on average 30% of children going to primary school wanted to cycle to school, 16% wanted to scoot and 25% to walk.



The benefits of leaving the car at home

Walking is easy, free and good for you and your child's health. Most families in London live within 1 mile of their school and yet one in five cars during the morning peak time are doing the school run.

By walking to school at least once a week, you will not only reduce congestion and pollution around the school gates but the school environment will also be safer.

Other benefits include:

- Helping your child to do their required sixty minutes of exercise every day while they learn how to keep themselves safe on the street
- Children who exercise regularly do better at school and in exams, and those who walk or cycle to school arrive awake and ready to learn

- The more you walk the more you smile! People who walk and cycle are less likely to be ill, are more alert and generally happier than those who have more sedentary lifestyles
- Arrive on time! – walking and cycling has a guaranteed arrival time
- No need to look for a parking space
- Sunshine, fresh air and seeing the natural world around us is great for children
- Vitamin D is essential for healthy bones and comes from exposure to sunlight



Walking

5 good reasons to walk to school



WoW

Walk on Wednesdays or Walk once a Week is a simple and fun initiative for primary schools. Pupils record whether they walk once a week on a class wall chart and are rewarded with a collectable badge at the end of each month. The badges are designed by pupils through a WoW badge design competition that takes place in February each year.

Twenty two Sutton primary schools are WoW schools. The scheme will be revamped in 2014 with the introduction of the Living Streets Travel Tracker, onto which pupils directly upload how they travel onto an interactive white board. Twenty one of the boroughs WoW schools have signed up to use this fun piece of new technology. Find out if your school is a WoW school by looking at page 16.

Walk to school week

During Walk to School week (in May) and Walk to School Month (October) schools across the country encourage staff, pupils and parents to make an extra special effort to walk to school. It's a great way to get a bit of extra exercise, spend a bit of quality time outdoors with your children and practise road safety skills. If you can't walk to school all the time, try it during walk to school week – you never know, you might discover it's easier than you think!

Everyone can take part in the walk to school week challenge! If you can't walk all the way to school you can participate by 'parking and walking' – park a few streets away from the school and walk the last part of the journey.



Road safety and active travel

Bikeability Cycle training

Bikeability is cycle proficiency for the 21st century. It provides pupils with the skills and confidence to cycle safely.

Level 1 will help new riders to control their bike before they move on to developing on-road skills at Level 2. Level 2 is usually tackled by children in Years 5 or 6, before they leave primary school.

We believe the ability to cycle is a life skill that everyone should have the opportunity to develop. Every Sutton school is offered cycle training for their year 5 and 6 classes.



Scooter training

Because pupils love to scoot we want to make sure they can do it safely. The London Borough of Sutton's in house cycle trainers deliver scooter training to year 3 and 4 pupils at Primary schools in the borough. Training usually takes the format of a full week of activities at a school- with an introductory assembly on Monday, followed by three days of training, and a wrap up assembly on Friday. Each pupil takes part in a 45 minute session which has a heavy focus on 'scooting safely on the pavement.'



Independent travel training

Transport for London's Safety and Citizenship team offer independent travel training to year 6 pupils in primary schools to prepare them for travel to their new secondary school or to address pupils travel behaviour issues

The session covers the themes 'people, property and environment' and seeks to help pupils understand ticketing, how their free Oyster card works, journey planning, how to get help, and how to behave responsibly.

Junior Travel Ambassador scheme

Junior Travel Ambassadors (JTA) replaces the Junior Road Safety Officer scheme, and provides resources that enable Primary aged pupils to lead on real projects that pass road safety and active travel messages to their peers. Pupils love it because they are given an important role within their school and get to develop their own campaigns about things that matter to them.

If you'd like to help support a group of JTA's at your school contact your school travel advisor by emailing smartertravel@sutton.gov.uk.

Theatre in Education

Theatre in education is a fun and exciting way to pass messages to children, while raising the profile of active travel amongst school staff and rewarding schools who work hard to promote walking and cycling to their school community.

The borough has offered Theatre in Education shows related to road safety and active travel to schools participating in TfL's online travel plan and accreditation scheme STARS since 2006.

Pedestrian skills development

Where a school requests road safety training for its pupils we provide it where we can.

We are in the process of developing a pedestrian skills and road safety programme for the borough based on local road safety research and best practice pedestrian skills training nationally.

Junior Travel Ambassadors (JTA) and Youth Travel Ambassadors (YTA) are TfL programmes that supports pupils to design and deliver peer-to-peer safe and sustainable travel campaigns that benefit their local communities.

The highest level of casualties is at 10-19 years old; children appear to be most vulnerable when they leave primary school and begin to travel independently to secondary school. We will continue to offer support to primary school to ensure that pupils are educated about road safety and pedestrian skills.

Safer Routes to School Engineering

Making routes to school safer for our pupils has been high on the Councils agenda since 2001. Engineering measures have been put in place around the boroughs schools to make it easier to cross roads, slowing traffic in key areas where there is high school pedestrian traffic and improving the streets for walkers and cyclists.

Through surveys and conversations with school communities – parents, staff, pupils and the wider community - schools travel plans have identified travel and transport issues that exist in the roads around the school and Transport for London funding has been used to make journeys to school safer.

Schools continue to use their online STARS travel plan to identify problems on the roads around the school site and Council engineers then assess the problem and look to design and implement solutions to ensure that routes to school continue to become safer.

Cycling

Sustrans 'Bike It' plus

We have an exciting partnership with Sustrans and offer 'Bike It!' to schools in Sutton. Sustrans 'Bike It' Plus currently operates at seven schools, including five primary schools, supporting pupils to develop better and safer cycle skills. We have one 'Bike It' officer dedicated to carrying out lots of fun cycling activities at participating schools, ranging from 'bling your bike' competitions and cycling trips, to assemblies and bike safety sessions.

180 cycling activities took place across the 7 schools in 2013/14. Primary schools involved since 2013 have shown an average 3 % increase in numbers cycling to school. Changes in numbers of pupils usually cycling to school were 3% increase at Brookfield, 4% increase at Cheam Common Juniors, 1% decrease at Cheam Park Farm



Juniors, an 8% increase Dorchester, and a 1% increase at Westbourne Primary.

If you want your school to be a 'Bike It' school in future years let us know.

Cycle maintenance/Dr Bike

Dr Bike is a free repair service designed to ensure that the bikes and scooters used by school staff and students are safe to use. Lots of Sutton schools request this as an activity for a school fayre or open day or it can be linked to Cycle training sessions. It can also work as a stand-alone activity, held at the start or end of the school day so that parents can come along with their bikes too. Ask your school if they're hosting a Dr Bike session and if they haven't got one planned encourage them to set one up by emailing smartertravel@sutton.gov.uk

Cycle and Scooter parking for schools

Most of Sutton's schools have cycle storage, many with shelters, as a result of the Mayor of London's cycle parking scheme which has operated in Sutton for over ten years. 37 of the 41 primary schools in Sutton have cycle storage.

Nearly 8% of Sutton's primary school pupils scoot to school. To accommodate the new influx of scooters at school scooter parking is also now on offer to schools as part of the Mayors scheme. In 2012/13 six Sutton schools received fifteen scooter pods between them. And a further fifteen schools have registered interest in receiving scooter parking in 13/14.

See page 16 to find out which schools have parking for bikes and scooters. If your school has no storage, or regularly doesn't have enough for pupils bikes, get in touch with your school travel advisor and apply for more. smartertravel@sutton.gov.uk

Fix your Bike Workshops

Fix your Bike workshops are similar to Dr Bike, but with the benefit of your pupils, parents or staff learning to maintain and repair bikes themselves. A qualified bicycle mechanic can come into your child's school to teach bike maintenance skills. This is a really fun and practical activity that pupils love.



Bikers Breakfast

Cycle or scoot to school on Bikers' breakfast day and you'll get a free tasty breakfast – it's that simple! Some schools run Bikers breakfasts to raise the profile of cycling, encourage families to get on their bikes and cycle together to school. It can be a great summer fun event. We can provide a small grant to pay for the breakfast, as well as support to promote and run a breakfast morning event at your child's school. Speak to your school about organising a Bikers Breakfast.



Cleaner Air 4 Schools

Did you know air pollution in London is the highest in Europe? It causes over 4,000 early deaths each year in the UK and poor air quality can cause and contribute to respiratory health conditions like asthma, bronchitis and more.

Air pollution is all around us but because we can't see it, we don't think about it or how it affects us. For these reasons Sutton launched its Cleaner Air 4 School programme in 2013.

Seven schools in Carshalton received lessons about air quality from Groundwork and the project culminated in parents, pupils and teachers across seven primary schools in Carshalton celebrating a Car Free Day.

Useful websites:

- Plan your next active travel journey www.tfl.gov.uk
- Find good walking routes away from busy roads www.walkit.com
- Free air pollution, UV, pollen and temperature forecasts for Greater London from www.airtext.info
- Learn how to cut your driving costs while improving air quality and reducing your carbon footprint www.energysavingtrust.org.uk/Travel

How to make the air cleaner around your child's school

- **Walk, scooter or cycle to school**, most journeys in London are faster by bike!
- **Travel by bus or train if you can't walk or cycle**
- **If you do have to drive, be an eco-driver**
 - **Park & Stride**
Keep the air clean and children safe by parking away from the school gates
 - **Don't idle**
Switch off your engine if you've stopped for more than one minute
- Shift to a higher gear as soon as possible, this saves money and fuel
- Try not to brake hard and accelerate heavily



Driving to School What can we do instead?

Walking buses

Walking buses are a really excellent way to travel to school – pupils get exercise and have fun talking with friends on the way and parents take turns to accompany the bus so don't have to do the school run every morning. Everyone wins!

If you're interested in setting a walking bus up at your child's school, start talking about it with other parents to see who might be interested and speak to your school. The school travel advisor can provide advice and support. smartertravel@sutton.gov.uk

Park and Walk

Lots of traffic outside of schools is a common but potentially dangerous problem, leading to an increased likelihood of collisions and contributing to higher levels of air pollution at school drop off time which can aggravate asthma and other lung conditions. Avoid being part of the problem - park away from the school entrance and walk the last 5 or 10 minutes. Walking half a mile only takes between 8-17 minutes. Or why not put your child's scooter in the car and scooter the rest of the way?

Sutton's School travel advisor works with schools that have congestion issues in their local roads to promote 'park and walk' to parents who need to travel by car to school. If your school has these issues speak to your School Travel Advisor about a ZigZag Park and Walk campaign for your school.

Try Kiss and Drop

When your child is old enough and more independent, consider parking away from the school and allowing your child to walk in alone or with a friend. Be sure to check the route first and talk it through with your child.

Try Car Sharing

If you have to drive to school then get together with other parents who need to go by car and take it in turns to drive. It saves money and time, and is better for the environment. If you need to drive your child to school For the safety of your child, their friends and the local community you have a responsibility to park safely, legally and considerately.

School Keep Clears

School zigzag markings are there to ensure clear sight lines for all road users, outside of schools. They create a clear and safer area to cross. There is a 'No Stopping' order placed on most zigzags, from 8am – 6pm Monday to Friday. If you stop or park on the markings during these times, you are likely to receive a Penalty Charge Notice (PCN) of £110

Parking enforcement

The London Borough of Suttons enforcement contractor, NSL, is responsible for the enforcement of certain on-street parking restrictions. The Police have a duty to enforce other traffic offences, which can result in penalty points being issued on your driving licence. If you have questions related to parking please contact the London Borough of Sutton call centre on 020 8700 5070. www.sutton.gov.uk/index.aspx?articleid=7714

20mph zones/school zone

Some schools have 20mph zones or school zones where traffic calming & environmental measures are put in place to encourage drivers to slow down and drive carefully. Examples of these can be found outside Tweedale primary School, All Saints Benhilton & Dorchester Primary.



Seat belt laws

If you must drive to school it is important that you understand the law on child seatbelts.

	Front seat	Rear seat	Responsibility
Driver	Seat belt MUST be worn if available	Correct child restraint MUST be used. If one is not available in the taxi, then the child may travel unrestrained in the car.	Driver
Children under 3 years old	Correct child restraint MUST be used	Correct child restraint MUST be used. If one is not available in the taxi, then the child may travel unrestrained in the car.	Driver
Children aged 3 and above, until they reach EITHER their 12th birthday or 135cm in height	Correct child restraint MUST be used	Where seat belts fitted, correct child restraint MUST be used. MUST use adult belt if the correct child restraint is not available in three scenarios. <ul style="list-style-type: none"> • In a licensed taxi or private vehicle hire vehicle • For a short distance for a reason of unexpected necessity • Two occupied child restraints prevent fitment of a third. In addition, a child of 3 and over may travel unrestrained in the rear seat of a vehicle if seat belts are not available.	Driver
Child over 1.35m or 12-13 years old	Seat belt MUST be worn if available	Seat belt MUST be worn if available.	Driver
Adult passengers (i.e. 14 years and over)	Seat belt MUST be worn if available	Seat belt MUST be worn if available.	Passenger

Support with school travel

Schools and STARS – what's on offer?

Is your school STARS accredited?

STARS

(Sustainable Travel: Active, Responsible, Safe) is Transport for London's (TfL) school travel plan accreditation scheme. STARS helps school communities to walk and cycle more, and rewards them for supporting families to travel in healthier ways. Depending on how many activities a school does they can achieve either a Gold, Silver or Bronze award.



40% of London schools are currently part of TfL's STARS accreditation scheme. STARS accredited schools have delivered over 15,000 initiatives such as cycle training, walking incentive schemes, independent travel skills training and campaigns to reduce congestion around the school gates. Thirty nine of Sutton's schools are accredited - 23 are bronze; 5 silver and 11 gold. To find out if your school is a STARS school see page 16 of this booklet. For more information, visit the website www.staccreditation.org.uk or to get involved contact Sutton's School Travel Advisor smartertravel@sutton.gov.uk

Schools have to participate in STARS in order to be eligible for funding and other goodies available from Transport for London via Sutton's School Travel Advisor

Benefits of participation for schools:

- Fewer cars, less congestion and improved air quality around the school site
- Funding for facilities such as cycle and scooter storage
- Theatre performances for pupils
- Curriculum resources and ideas to make lessons more fun
- Engineering measures around the school to make routes to school safer
- Healthier, more active pupils
- Improved attendance and achievement
- STARS supports a better Ofsted report
- Recognition within the school, the local community and across London for travel-related achievements

Small grants for STARS schools

If your staff or pupils have a brilliant idea for a campaign or a project that they want to run that will encourage more walking or cycling, help reduce car use or make journeys safer – speak to your school travel advisor as we might be able to provide you with funding to bring your idea to life.

Some schools have used their small grant to pay for things like bike maintenance sessions, banners for school railings, buggy storage, scooter and cycle storage, high-viz jackets and zigzag park and walk campaigns – anything that might help get more people walking and cycling.

Contact us about accessing a small grant to help your school promote active travel or carry out any initiative included in this booklet!

Personalised journey plans for new journeys to school

Some schools develop personalised travel plans for each new pupil coming to their school as part of their 'new families' campaign. Year 6 pupils in ICT lessons can be involved in developing these in May/June. They can practice by developing a route and plan (including which bus or walking route to take) for their journey to their new secondary school before each developing a personal journey plan for new pupils/ families.



If you didn't receive a personal travel plan and would like one, email your home postcode and name of the new school your child will be attending to smartertravel@sutton.gov.uk

TfL Free and discounted travel on public transport

Since September 2006, children under the age of 18 are able to travel for free if they travel by bus or tram within the Transport for London area. The table below gives a summary of what's available.

Age group	Buses and Trams	Tube, DLR, London Over Ground and some National Rail services
Children under the age of 11	Free (without a Zip Oyster photocard)	Free (with a Zip Oyster photocard to travel free or at child rate if they are travelling alone (without an adult) or they look older than 10.
Children aged 11-15	Free (with a Zip Oyster photocard)	Discounted travel - child-rate travel on Tube, DLR, London Overground and most National Rail services in London.
Young people aged 16 to 18 in full time education (either 10 or 12 hours a week depending on the course)	Free (with a 16+ Zip Oyster)	Discounted travel on TfL services and most National Rail services in London with a 16+ Zip Oyster card. Application form requires signature / stamp from college/ education provider.

For more details and to order a child's Zip Oyster card go to www.tfl.gov.uk/fares-and-payments/students-and-children



Travel from outside of the London area or for longer journeys

There will be some pupils who have to travel on alternative forms of transport, or by bus outside the Transport for London area. Where the school attended is not accessible within a time tabled journey of less than 45 minutes to a Primary School or 75 minutes to a Secondary School by which the Transport for London free travel concession applies throughout the entirety of the journey, assistance may be available. Go to the Councils website for more information about assisted travel. www.sutton.gov.uk/studenttravel



Assistance with transport for children with Statements of Special Educational Need

Most children are able to travel to and from school either by themselves or with a parent or friend of the family. However, some children will be unable to do so and we may offer assistance with transport in these cases.

Each case is assessed individually. We will consider distances and will also look at the child's special needs before we decide whether to provide help with transport and what form the transport help should take. If your child has a Statement of Special Educational Needs, please refer to the Home to School Transport Policy for Children with Statements of SEN for more information. For more information go to www.sutton.gov.uk/index.aspx?articleid=546

Home to school transport – CO2 success

We have recently successfully reduced the amount of CO2 produced by Home to School journeys for SEN children by 50%. A risk assessed mini-bus pick-up point system was designed which as well as helping air quality also ensures that children that are capable get some exercise on their way to their pick up point.

What's going on at your school?

School	STARS	Cycle storage	Scooter storage	School crossing	Sustrans Bike It	WoW	JTA	Cycle training	Scooter training	Walking bus
Abbey Primary		•				•		•		
All Saints' Benhilton	•	•	•	•		•		•		•
All Saints' Carshalton	•	•	•			•		•	•	•
Amy Johnson	•	•				•	•			
Avenue	•	•	•			•		•		
Bandon Hill	•	•				•	•	•	•	
Barrow Hedges	•	•	•	•		•	•	•		
Beddington Infants	•	•	•			•		•	•	•
Beddington Park	•	•						•	•	
Brookfield	•	•		•	•	•		•	•	
Cheam Common Infants	•	•	•		•			•		
Cheam Common Junior	•	•	•	•	•	•		•		
Cheam Fields	•	•	•			•		•		
Cheam Park Farm Infants	•	•	•			•				
Cheam Park Farm Junior	•	•	•		•		•			
Collingwood	•					•		•	•	
Culvers House	•	•				•		•		
Devonshire	•	•	•			•		•	•	
Dorchester	•	•	•	•	•	•		•	•	
Federation of St Elphege's	•	•	•			•	•	•	•	
Foresters	•	•	•			•	•	•	•	
Green Wrythe	•	•	•	•		•		•	•	
Hackbridge	•	•	•				•	•		
Harris Academy	•	•	•	•		•	•	•	•	

School	STARS	Cycle storage	Scooter storage	School crossing	Sustrans Bike It	WoW	JTA	Cycle training	Scooter training	Walking bus
High View	•	•		•		•		•		
Holy Trinity	•	•	•			•		•	•	
Manor Park	•	•	•			•	•	•	•	
Muschamp	•	•				•	•			
Nonsuch								•		
Robin Hood Infants	•	•	•	•		•		•		
Robin Hood Junior	•	•		•		•		•		
Rushy Meadow	•	•	•			•		•	•	•
St Cecilia's	•		•						•	
St Dunstan's		•	•				•	•		
St Mary's Infants	•	•	•	•		•			•	
St Mary's Junior	•	•		•				•	•	
Stanley Park Infants	•	•	•					•		
Stanley Park Junior			•			•	•	•	•	
Tweeddale	•	•				•		•		
Victor Seymour	•	•	•	•		•			•	
Westbourne	•	•	•		•	•		•		





Useful contacts at the London Borough of Sutton

School travel plans & STARS	Claire Smith, School travel advisor	claire.smith@sutton.gov.uk 020 8770 5937
Sustrans Bike It	Ali Jafarey, Sustrans Bike It officer	ali.jafarey@sustrans.org.uk
School crossing patrol service	Stephen Wright, Senior Cycle Officer	stephen.wright@sutton.gov.uk 0208 770 6231
Bikeability (cycle training) and scooter training	Stephen Wright, Senior Cycle Officer	stephen.wright@sutton.gov.uk 0208 770 6231
Home to School transport (Children's Services)	Colin Hagreen, SEN Transport Manager	colin.hagreen@sutton.gov.uk 020 8770 6783
Parking enforcement	London borough of Sutton's enforcement contractor, NSL	parking.enquiries@sutton.gov.uk 020 8700 5070

Useful travel websites:

www.journeyplanner.tfl.gov.uk
plan active travel journeys around London using your own two feet and public transport

www.walkit.com
plan cleaner air/pollution free walking routes

www.energysavingtrust.org.uk/Travel/
learn how to cut your driving costs while improving air quality and reducing your carbon footprint

www.sutton.gov.uk/schooltravelplans
soon to be updated but contains some information about work on school travel in the borough

Follow the routes to find the best ways to school





How we travel to school

If you have not got access to the internet please contact
smartertravel@sutton.gov.uk to request a copy of this document.

Produced by

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