

Woodgate Primary

Active and Sustainable Travel

We encourage **active** and **sustainable** travel to and from the school.

How to get to school actively and sustainably

Walking, scooting, cycling or skating is a great way to travel to school.

- It is fun and you can meet your friends on the way
- Promotes fitness and helps maintain a healthy body weight (*"In 2015/16, over 1 in 5 children in Reception, and over 1 in 3 children in Year 6 were measured as obese or overweight."* Sources: Statistics on Obesity, Physical Activity and Diet, England: 2017)
- Regular physical activity such as walking and cycling could help prevent and reduce the risk of heart disease, asthma, diabetes and even cancer.
- Great for well-being and reduces anxiety
- It helps children to be alert and ready to learn
- Reduces traffic congestion around the school neighbourhood
- Reduces pollution
- Protects the environment by reducing CO2 levels *"it's possible to achieve a 60% CO2 reduction in the UK's domestic transport sector by 2030, but only with real and early change in travel behaviour. At the moment there is one car for every two people in the UK, and CO2 emissions from cars make up 13% of the UK total."* Sources: Sustrans.org.uk, change your travel environment.

Walking/Scooting to School and the Golden Rules for Crossing the Road Safely

1. Stop at the kerb or edge of the street.
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the street.

Remember

- **Be Visible (wear a reflective band or high visibility vest) and Be Alert**
- **Always wear a helmet if you're riding to school on a scooter**

Safe walking routes are marked in yellow



Cycling Safety

Children under 10 should be always be accompanied by an adult.

For older children, parents should make the decision to allow them to cycle unaccompanied based on their skill level, maturity and ability to follow the rules of the road.

BEFORE TRAVELLING

- Check the bike is roadworthy
- Brakes, lights and reflectors should be working
- Tyres should not be soft and flat
- The bike should have a bell to alert pedestrians

WHAT TO WEAR

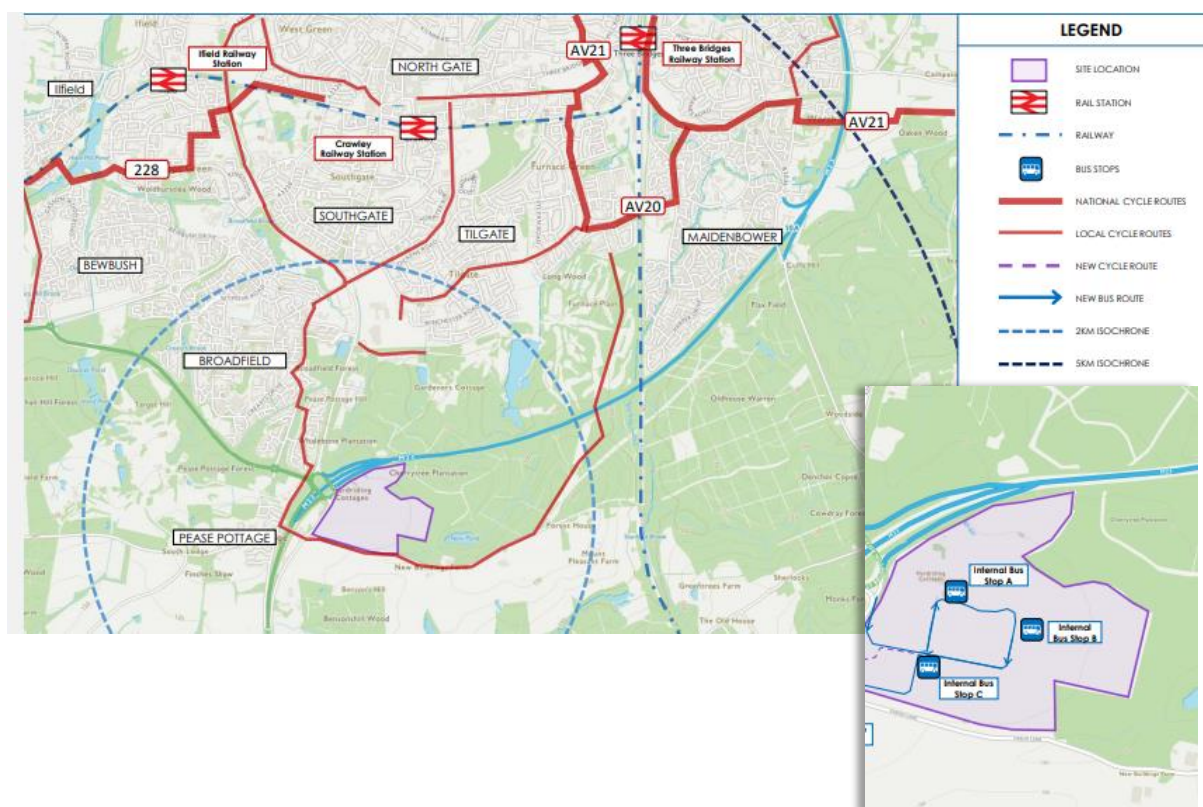
- A helmet will protect the head.
- High visibility clothing

ON THE ROAD

- Cycle paths should be used wherever they're available.
- Signal clearly and make eye contact with drivers if on the road
- Be considerate of pedestrians

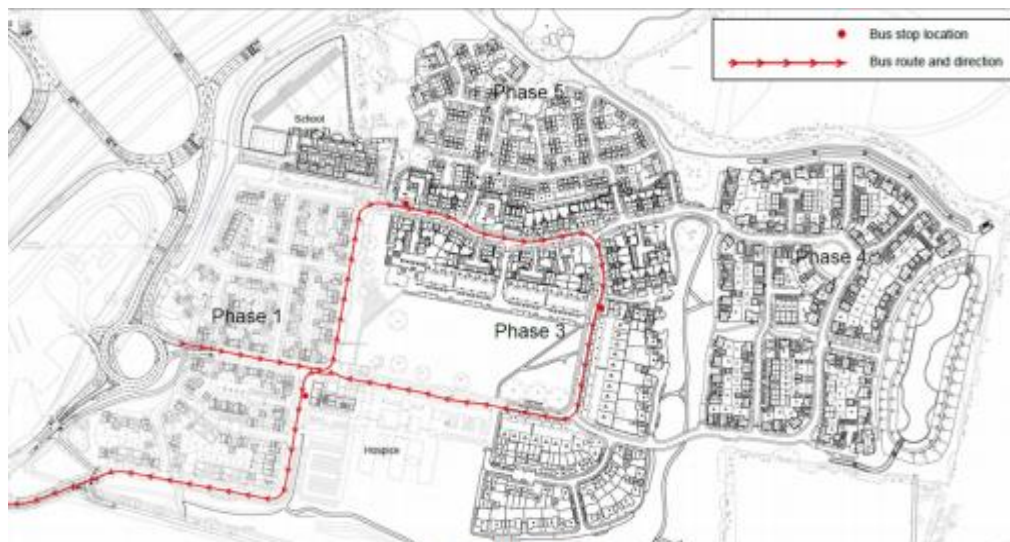
Local Cycle routes

Sustrans National Cycle Route 20 is accessible via Parish Lane to the south of the site and provides a link between from the site Tilgate Forest Row, Handcross, Tilgate and Crawley. There are also a number of roads that are considered to be suitable for cycling throughout the local surrounding area (see map below)



Public transport – Bus

Travel by bus couldn't be easier with bus stops near to the school.



Service and Route		Frequency		
		Weekdays and Saturdays	Sundays	Evenings
271	Crawley – Pease Pottage – Cuckfield – Burgess Hill – Hassocks – Brighton	Two-hourly	3 each way per day	-
273	Crawley – Pease Pottage – Bolney – Hickstead – Hassocks – Brighton	Two-hourly	-	-
1	Broadfield – Southgate – Crawley town centre – Hospital – Bewbush	Every 15 minutes	Every 20 minutes	Hourly
4	Pease Pottage – Handcross – Staplefield – Lower Beeding – Horsham	Once a day (Friday Only)	-	-
6	Slugham – Staplefield – Handcross – Pease Pottage – Horsham	Once a day (Wednesday Only)	-	-
633	Faygate – Bewbush – Pease Pottage – Handcross – Lowerbeeding – Mannings Health – Oak Hill – Horsham	Once a day (Monday to Friday)	-	-

Figure 2.7: Bus Service Summary

Driving

- Car share wherever possible
- Park responsibly in permitted areas
- Take extra care around the school by driving more slowly and being extra vigilant.
- The streets around the school allow for circular routes so reversing and turning can be avoided.
- Permit holders only in the parking bays in the school car park.
- It is not permitted to drop off or pick up children from the school car parks.

Plans for the future

- For those of you interested in getting involved, we will be setting up a School Travel Plan Committee
- The feasibility of a Walking Bus will be investigated
- A Drop and Go Zone outside the school will also be investigated

Want to know more?

The Full School travel Plan is available on Woodgate Primary School's website.

Walk Smart!



Look before you cross. Look right, left, and right again before crossing a street. Look over your shoulder for turning cars at intersections.



Make eye contact. Don't assume that drivers see you. Make eye contact before you cross the street.



Use crossings. Cross at zebra or zebra crossings if one is near or within 20 meters.



Follow the rules. Follow directions from law-enforcing personnel.



Be visible. Walk where cars and bikes can see you. Wear a light rain jacket or vest over your school uniform, and use a flashlight when it is dark outside.

Bike Smart!



Riding age. Students under the age of 10 should be accompanied by an adult when riding on-road. Parents should make the decision based on the maturity and skill of their children.



Ride with traffic. Ride on the left in the same direction as other traffic.



At busy intersections... at signals, try the 'hook turn' (see the cyclist road code). For roundabouts, ride in the centre of the lane or use shared paths.



Share the path. Pass walkers carefully: ring your bell or say 'on your right' before passing.



Be alert. Watch for opening car doors and cars turning across your path.



Be predictable. Ride in a straight line and always signal your moves to others.



Remember ABC-Quick! Air in your tyres is up to pressure indicated on sidewall. Brakes are connected and working. Chain is tight (single speed) and not rusty. Quick release hubs are in closed and tight position.



Wear a helmet. Helmets should fit snugly, sit level on your head, and always be buckled.

Suggested Routes to School

The iWay walking and cycling network, mostly flat roads and great weather makes our community a great place to walk and ride.

Walking, scooting, skating, and cycling to school starts a habit that can last a lifetime!

- Daily activity helps hold a healthy body weight
- Arriving at school attentive and ready to learn
- Improved test scores
- Lower rates of depression and anxiety
- Getting to school is more FUN!

Get involved!

Here are some ways you can help:

- Plan your travel routes with your student
- Form or join a walking school bus or cycle train, where groups of students (with or without parent supervision) travel to school together for safety in numbers (plus it is fun!)
- Lead by example – students learn from watching what adults do, so adhere to the road code (there is one for drivers and one for cyclists) and be courteous.
- Volunteer to help at one of many events. Contact the school front desk and/or Sport Hawkes Bay to learn more.

Resources

Helmet fitting guidelines

www.nzta.govt.nz/resources/roadcode/cyclist-code/aboutequipment/cycle-helmets/

iWay and MoveIt programmes

www.iway.org.nz/

Cyclist road code

www.nzta.govt.nz/resources/roadcode/cyclist-code/



Hastings
Central School

SUGGESTED ROUTES TO SCHOOL



Hastings Central School suggested active transport routes



Walking, scooting or cycling

This map is intended to encourage adults and students to consider walking, scooting, skating, and cycling to school. Adults are responsible for choosing the most appropriate option based on their knowledge of the different routes and the skill level of their student.

- **Cycling:** we encourage children to be fit and active and support biking to school where practicable. Parents are asked to assist the school in promoting safe riding behaviour and to ensure bikes are road worthy. The NZ Police recommend that biking to school without supervision should be for children over nine years, who are capable of biking safely. Parents should make the decision based on the maturity and skill of their children. Younger children should be accompanied by an adult when riding on-road.

Driving

- **Don't stop in the middle of the road** to let your child in or out: this contributes to congestion and increases the risk for children crossing the road.
- **Drive slower** around a school to make it safer for everyone. The speed limit passing a stationary school bus is 20 km/h.
- **Need to turn around?** Please go around the block rather than u-turning in front of the school or turning into a driveway and then backing into the street.
- **Parking or stopping on yellow lines** impedes visibility for people crossing the road and turning vehicles. Please park legally and considerately.
- **Koromaru Road time limited parking** restrictions have been installed near the bus stop in order to keep spaces free for short visits.
- **Hastings Street near entrance:** you may pick up your child on Hastings Street, but please do not drive in – this is reserved for the Kowhai School and Dental Clinic.
- **Footpaths are for feet!** Please don't park on the footpath if you can't find an on-street park within sight of the school gate – just park a bit further away and walk to the gate. Keep an umbrella in the car for those rainy days!
- **Late arrivals or early pick ups:** parents or caregivers should come via the office and not the classrooms.

