

TFL Stars



Our school travel plan encourages active, healthy, safe and sustainable travel. We aim to reduce the number of car journeys to our school to improve congestion, pollution and to make the roads safer for our children. Walking, scooting or cycling all, or part of the way to school is really good exercise for children and will ensure they arrive awake, alert and ready to learn. For more information visit www.stars.tfl.gov.uk

The green cross code

1. Find a safe place to cross then stop
2. Stand on the pavement not the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass, look all round again
5. When there is no traffic, walk carefully across the road



We're building a borough that's fit for the future. Making our town centres more attractive to businesses and shoppers. Giving us more active choices for the way we travel. Creating quieter neighbourhoods that we can all enjoy. We have created all sorts of activities to help. From cycle skills sessions and maintenance classes to cycling and walking events. Visit www.cycleenfield.co.uk

**cycle
enfield**

**The Ride will be
closed**

Monday- Friday

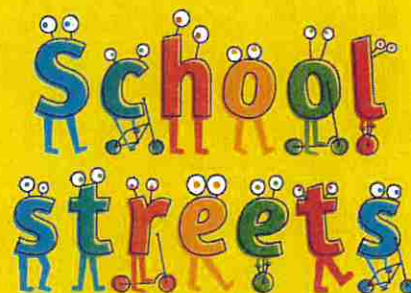
**8:15am – 9:15am
2:45pm – 3:45pm**

During School term time only

From
7th September
this road will become a
pedestrian and cycle only zone

To find out more, please go to
www.enfield.gov.uk/schoolstreets

When parents drop their children off right outside the school gates, the area is further polluted and can become congested which creates a dangerous environment for children crossing the road.



Getting to

**Kingfisher Hall
Primary Academy**

**Park and Stride
the Smart Way**

ENFIELD
Council

Plan your walk to school with your child!

If you live far from school, why not Park and Stride the smart way? Park and Stride is easier, saves time, stress and gives children exercise before they start the school day.

Kingfisher Hall Primary Academy

- KEY**
- Kingsfisher Hall Primary School
 - 10 min Walking Zone
 - Walking Routes

What can you spot on your walk to school?

- Sweet Tweet – how many birds can see or hear?
- I Spy – find something that begins with A,B,C...
- Lucky You – how many cats have crossed your path?
- Find what Fits – which leaves match which trees?
- Colours of the Rainbow – find something of every colour.
- A Bugs Life – how many different insects can you spot?

Facts & Figures

- ▶ 25% of traffic during rush hour in London can be attributed to the school run, however the majority of primary school children live within 1km of their school.
 - ▶ By switching from the car to walking or cycling, we could see a huge reduction in congestion and pollution during peak hours.
 - ▶ 30 minutes of activity 5 days a week can help reduce the chances of developing several major illnesses, including diabetes, cancer and depression.
 - ▶ Moderate exercise has a positive effect on well-being, mood, sense of achievement, relaxation and release from daily stress.
- NHS NICE Guidelines 2019**

1000 calories burnt per year

10 min walking distance = 800 m