



Tring School

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Dear Parent/Carer

9 reasons to cycle, scoot or walk the school run

Looking for some inspiration for how to make the hectic school run a little more fun?

Cycling, walking or scooting to school is the best way to change things and reduce your family's carbon footprint. So we've put together a list of 9 reasons why you should ditch the car and encourage your child/ren to enjoy a school run in the fresh air!

The average school journey is just 1.6 miles and yet 1 in 4 cars on the road during the morning peak are doing the school run. There are so many benefits to encouraging children to walk, cycle and scoot more regularly to school. It will also reduce congestion and pollution around the school gates.

1. Build activity into the whole family's routine

According to government guidelines, children and young people aged 5 to 18 need at least 60 minutes of physical activity every day. At 1.6 miles, the average school journey is a distance that can be cycled, scooted or walked. It's the perfect way to squeeze in more activity into our busy lives.

2. It's a boost for mental health and wellbeing

Physical activity can increase mental alertness, energy, positive mood and self-esteem. It also helps to reduce stress and anxiety, according to the Mental Health Foundation.

3. It's the best way to start the day

Teachers find that students who walk, cycle or scoot arrive at school more relaxed, alert and ready to start the day than those who travel by car. Getting outdoors allows children to experience independence and to connect to their environment.

4. It will help ease congestion outside the school gate

1 in 4 cars in the morning rush hour are on the school run. Leaving the car at home means you'll take the hassle out of parking too.

5. It's good for the environment

Up to 40,000 early deaths are attributable to air pollution each year in the UK (Public Health England). Getting students out of the car and on to their bike or scooter, and walking are all great ways to reduce their carbon footprint. It'll help reduce air pollution and address the climate crisis.

6. It increases children's road safety awareness

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Instilling a love of cycling, scooting or walking in children from a young age has long-lasting benefits. It develops road awareness which encourages independent travel as a teenager. It can also create good habits for a more active adult life. A win-win all round.

7. It lets them connect with the world around them

Cycling, scooting and walking brings them closer to nature and the changes in the seasons. They'll spot wildlife and notice the leaves changing colour on the trees. Two wheels are better than four when it comes to connecting with nature and getting to know the local area.

8. You'll save money

Cycling, scooting or walking the school run will save you and your family a small fortune. You'll be forking out less on petrol.

9. Think of all the fresh air, freedom and fun they'll have along the way

Taking time out of the day to cycle, scoot or walk is a great opportunity for them to catch up with friends, it's a good way to spend quality time with each other. They'll all enjoy the fresh air and freedom of an active school run.

Please remind your children that they need to be on the school site by 8.35 am.

Yours faithfully

Mr L Whippey
Premises & Facilities Manager