



## **St Nicholas' School & Nursery Travel Policy**

At St Nicholas' we encourage pupils, parents and staff to travel actively to school by walking, cycling and scooting wherever possible. By being located on a busy street, we are eager to work together with families and residents to find a solution that works effectively for members of the school and the local community. More importantly however, committing to active travel has numerous positives on an individual level for health and well being and academic performance, but also for environmental reasons as well.

Similarly, walking, cycling or scooting to School or Nursery fits with our emphasis on developing independence. For children growing up in London, navigating roads and public transport safely is an essential tool, and we aim to support this by writing this policy.

This travel policy explains how St Nicholas' can encourage active travel. We will discuss the policy with the pupils and re-visit it annually to ensure its relevance and to introduce new elements. This policy has been agreed by the Headteacher and Proprietor.

For pupils and staff who are unable to walk, cycle or scoot their whole journey to and from school, we encourage the use of public transport, car share and park and stride – parking on nearby roads and walking a short distance to drop off pupils.

### **What are the benefits of active travel?**

- Improves mental health leading to improved attendance and academic success
- Improves physical health, helping pupils to achieve the recommended minimum of 60 minutes of physical activity per day
- Exercise and being active has been proven to help academic performance in pupils.
- Promotes independence and improves road safety awareness
- Reduces congestion and noise in the community
- Improves air quality around the school

In order to ensure as many pupils as possible are given the opportunity to realize these benefits we each have an important role to play:

### **Staff**

#### **We will encourage pupils to travel to and from school more safely and actively by:**

- Promoting the benefits of active travel
- Celebrating the achievements of those who travel actively to school and Nursery.
- Raising awareness of the air quality benefits of active travel
- Providing cycle and scooter storage on our site
- Providing cycle and scooter training to all pupils who wish to participate
- Ensuring we update our school travel plan annually and that it is accredited under TfL

STARS (Sustainable Travel: Active, Responsible, Safe) scheme

- Working with our borough school travel and road safety officers to deliver interventions and activities that promote active, safe and responsible travel to school

## **Pupils**

**To make active travel a positive experience for everybody concerned, we expect our pupils to:**

- Behave in a sensible, safe and respectful manner and to consider the needs of others when travelling
- Use lights and high-visibility clothing where appropriate and consider wearing a cycle helmet
- Check that their bicycle or scooter is roadworthy and well maintained
- Follow the rules of the road (Highway Code) when travelling

## **Parents and carers**

**For the wellbeing of our pupils, we expect parents/carers to:**

- Pledge to not park on the zig-zag areas outside of the School entrance
- To park considerately in the local area when driving to School.
- *Encourage their child to travel actively to school or Nursery*
- *Consider walking, cycling or scooting with their child*
- Encourage their child to take up opportunities to develop their competence and confidence in walking cycling and scooting
- Provide their child with safety equipment as appropriate, which may include high-visibility clothing, lights, cycle helmet and a lock
- Ensure that the bicycles and scooters ridden to school are roadworthy and well maintained

*Parents and carers are reminded that they are responsible for the safety of their child on the journey to and from school.*

St Nicholas' would like to thank you in advance for supporting our travel policy. If you have any ideas on how to promote, or provide new opportunities for active travel please get in touch. Additionally, we would be interested to hear your ideas of how to improve safety or air quality around the School, and ask you to approach the Headteacher or the School office to pass on such sentiments.

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*This policy was reviewed and updated in Autumn 2018.  
The next review will take place in Autumn 2019 or in light of relevant regulatory changes.*

Signed: Amit Mehta (Proprietor)