**Getting to Somerford Primary school**

As a school the health and welfare of children is fundamental to everything that we do. The choices we make in the way we travel to school can benefit children’s physical and mental health. At Somerford Primary School, we encourage children to travel actively by walking, cycling and scooting to school for all or a part of their journey.

**Benefits of active travel**

Research shows that active travel improves both mental and physical health through physical activity. Walking, cycling or scooting to school wakes up the mind and body, aiding concentration and making children more alert, ready to learn and face the day ahead. Physical activity can also encourage healthy growth and development, maintain a healthy weight and reduce anxiety and stress.

Active travel helps to connect people more with their local community and to develop valuable life skills such as road safety and cycle and scooter skills which they will use throughout their lives. Fewer families traveling to school by car will reduce congestion and help to improve air quality outside the school gates, making a safer and more pleasant environment for all to enjoy.

For more information of the benefits of active travel see here - <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/9-reasons-to-cycle-scoot-or-walk-the-school-run/>

**Bike and scooter parking at school**

We have a covered area on the playground for bike and scooter parking and encourage locks to be used when using the shelters. The shelters are inside the school grounds and are easily accessible at the start and end of the school day.

**Park and stride**

If you do choose to drive your child to school, we politely request that you park at least a 5 minute walk away. Below there is a map indicating an approximate 5 minute walking zone from the school to help you to plan your journey.

**Planning your journey**

To help you plan your active journey to school, BCP have created a few maps that will help your plan your journey. [Cycle routes and maps (bcpcouncil.gov.uk)](https://www.bcpcouncil.gov.uk/Leisure-culture-and-local-heritage/Sports-and-activities/Cycling/Cycle-routes-and-maps.aspx)

**Bike IT Plus School**

Somerford primary School works closely with Sustrans, the charity that makes it easier for people to walk and cycle. We are a Bike it Plus school which means that we have a dedicated officer to help us with all things that are active travel related. Throughout the school year there will be a number of activities that you can get involved in, these could include – learn to ride, bike and scooter skills sessions, and Year 6 transition routes and bike Dr visits.

Make sure your child(ren)’s cycle is in good working order by undertaking a simple M check - <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/the-m-check-for-your-bike-in-11-steps/> or an L check for a scooter - <https://youtu.be/hwQL_iorrAg>.

**Learning to Ride**

Learning to ride a bike doesn’t have to be scary or difficult. Sustrans has provided a useful video to help to teach your child to ride.

[Sustrans Ditch the stabilisers - YouTube](https://www.youtube.com/watch?v=5Nue9QSBpNI)

A map of a city

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