

# Safe and Active Schools – Newsletter

## Article Content 2023

(Name of School) is taking part in Warwickshire County Council's 'Safe and Active Travel Programme' this year. The programme has been developed to promote and support road safety and active travel activities. It is designed to help schools encourage safe and active journeys.

Active travel is proven to have many benefits for our children. With only fifteen minutes of exercise done through active travel, a child's mood can be improved, and concentration increased by up to 4 hours. This is a great way to meet the NHS' recommendation for children to have sixty minutes of exercise per day.



Have you thought about changing **#JustOneJourney** per week? Why not consider Scoot / Bike / Walk on Wednesdays, or if you can't do the full journey actively, consider parking ten minutes away from the school and walking in?

To help your child(ren) become more active on the school journey, a list of useful resources can be found at the links below. You can also find more information on Warwickshire Road Safety Education's dedicated Facebook page @WCCSafeActiveTravel and Twitter page @WCCSafe\_Active

### Useful Websites

- <https://www.livingstreets.org.uk/> A UK based charity to get children walking – information about national walk to school weeks, National walking month and all year-round walking
- <https://www.sustrans.org.uk/> A charity based around getting more people walking and cycling
- <http://www.roadsafetyweek.org.uk/> by Brake the road safety charity
- <https://www.think.gov.uk/road-safety-laws/> rules of the road for drivers and pedestrians

