

# Travelling Back to School

## Advice for parents and carers on travelling to and from school with your child.

Below are several recommendations to help you and your child with your journey to school. Overall we recommend **planning your route beforehand** and adding **extra time in your journey** to school.

### The Journey to School:



Following government advice, try to walk, scoot or cycle with your child to avoid car congestion outside of the school and overcrowding on buses. Be mindful to keep a safe distance from others when locking your child's scooter or bicycle, which may mean waiting your turn.



If you must use public transport please remember to wear a face covering and sanitise or wash your hands before and after you travel. Your child is also required to wear a face covering if they are over the age of 11. Please plan ahead and allow more time for your journey as travelling at the busiest times may take longer than it would normally.



If you live too far away to walk, cycle, or scoot, please try and park and stride - parking a 5-10 minute walk away from school and walking the rest of the way with your child. This will help reduce congestion and allow more space for students outside of their school.

### Important Measures to Keep in Mind:

- Look out for information from your school on important updates or temporary rules they may have in place eg. staggered start and finish times.
- Remind children about slowing, stopping and giving space on the pavement when walking, scooting and cycling.
- Vary your route if possible, especially if you can stay away from busy routes.
- Speak with your child about the changes in the way you travel; what is different about their journeys, how do they feel, what have they noticed. Talking and being active will help ease any anxiety they or you may have.
- Walking, cycling and scooting to school keeps kids fit and healthy, and helps them feel calmer and happier during the school day.

