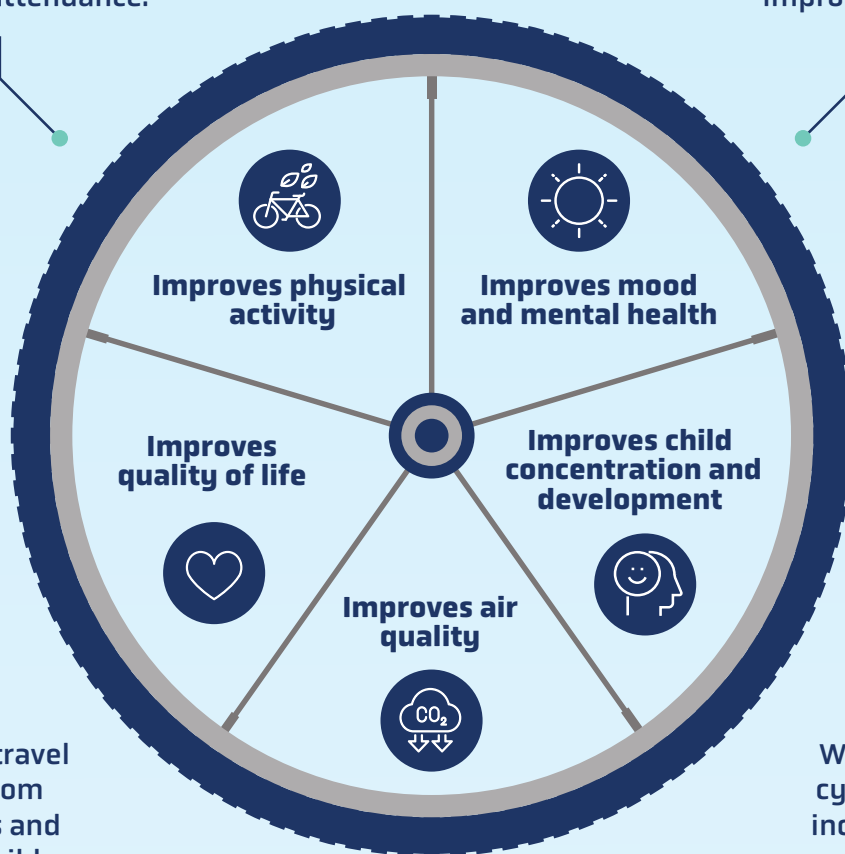


Why do we promote active travel in our school?



Being physically active helps to maintain a healthy body weight, reduces ill health and could lead to improved attendance.

Spending time outside is great for our wellbeing. It can reduce feelings of stress and anxiety and improve sleep.



Improves physical activity

Improves mood and mental health

Improves quality of life

Improves child concentration and development

Improves air quality

Children learn travel behaviours from parents, carers and teachers. Help children by setting positive behaviours and inspire them to FLOURISH.

Walking, wheeling cycling or scooting increases focus and attention which helps us to do better in school.

Prioritising time to walk, wheel or cycle can help to improve air quality. This creates a healthier environment which benefits everyone in the local area.

