



Walk, cycle or scoot

And make travel to
school more fun

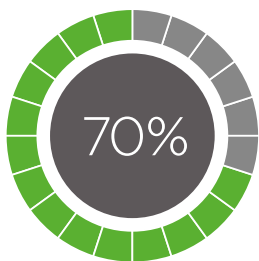


get smarter travel in Milton Keynes

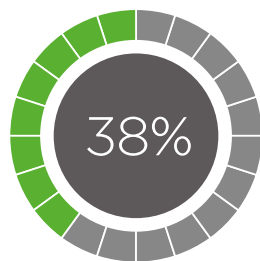
Get Smarter Travel MK provides a range of initiatives and activities to help schools encourage active and sustainable travel. Visit www.getsmartertravelmk.org

We have lots of engaging activities that can lead towards a National Travel Award for your school

WHY YOU NEED THESE INITIATIVES



1980s



2017-2018

A generation ago, 70% of children **walked to school** - now it's less than half in Milton Keynes (37.8% 2017-18). We work with schools in Milton Keynes to make **active travel** to school a part of every child's **daily routine**.



The Chief Medical Officer recommends that children should get 60 minutes of **physical activity** a day: travelling to school in an **active** way can go a long way to achieving this goal. Research shows that children who do some form of exercise, especially before school;

- Arrive **fit, refreshed** and ready to **learn**
- Do better in class
- Are **healthier, happier** and more **independent**

Public Health England recommends promotion of active travel as a means to increase physical activity in schools. Guidelines highlight that the PE and Sport Premium is not restricted to sport and can be used to support a wide range of physical activities, including walking to school. This provides an ideal opportunity to invest in active travel initiatives.

Not only will your school benefit from pupils' increased activity levels, but congestion and pollution will be reduced outside the school gates and pupils will arrive at school fit, refreshed and ready to learn.



One in five cars on the road during morning rush hour is taking **children to school**, leading to congestion and air pollution, especially at the school gate.



One in three children leaves primary school either clinically overweight or obese.



79%

79% of boys and 84% of girls fail to meet the minimum official recommendation of **daily physical exercise**.



84%



BECOME A SCHOOL OF EXCELLENCE IN ACTIVE AND SUSTAINABLE TRAVEL

Modeshift STARS is the national schools award scheme that has been established to recognise schools that have demonstrated excellence in supporting cycling, walking and other forms of sustainable travel. The scheme encourages schools to join in a major effort to increase levels of sustainable and active travel.

Every school in Milton Keynes can participate in Modeshift STARS for free.

How does it work?

Register your school travel champion on www.modeshiftstars.org.uk

MODESHIFT STARS DROP-IN-SESSIONS

Help for schools to achieve accreditation, write a School Travel Plan or plan initiatives and activities to increase active and sustainable travel, drop-in-sessions will be held monthly throughout the school year. Dates overleaf.

WORK WITH US TO PLAN AN ACTIVE TRAVEL TO SCHOOL MAP

Create a map for your school, which shows 5, 10 or 15 minute walk zones. Map park and ride areas, safe places to cross and School 'Keep Clear' markings. Promotion of the map helps reduce car travel to school and makes the roads around the school safer for everybody.

GET INVOLVED IN SCHOOL CHALLENGES TO INCREASE PHYSICAL ACTIVITY AND ACTIVE TRAVEL

Your school can take part in various active travel challenges throughout the year. There are also shorter challenges to get involved in, such as Walk to School Week, The Big Pedal and Bike to School Week. More information overleaf.



WOW

Make your school a 'WOW' school, Walk Once a Week, Walk On Wednesdays, it's up to you how you run it, it's flexible and fun!

The Daily Mile

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom.

WE OFFER CYCLE TRAINING THROUGH BIKEABILITY COURSES

Get pupils moving, confident and safer in the saddle with our Bikeability cycle training programme. Courses are offered with trained Cycling Instructors through schools.



A range of cycle training modules from balance bikes up to secondary school, plus rides and bike maintenance. Each of our courses has a series of progressive outcomes which can be used in training to take the complete beginner all the way to being able to ride anywhere cycling is permitted. To expand our Bikeability to include as many children as possible we have introduced a small charge. Please contact us for details.



HEALTH AND WELLBEING AWARD

The aim of the award is to create healthy environments, which enable children, young people and their families to live healthier and happier lives. As part of the physical activity theme, parents and children are encouraged to engage with active travel.

All of the active travel activities mentioned can be included as physical activity and will count as an initiative for schools working towards their Health and Wellbeing award.

UPCOMING EVENTS FOR 2018/2019



**AUTUMN
2018**

19TH SEPTEMBER 2018
Modeshift STARS Drop in Session

1-31ST OCTOBER 2018
International Walk to School Month
Every October an opportunity for children to join hundreds of thousands of pupils across the globe celebrating the walk to school.

www.livingstreets.org.uk/what-you-can-do/campaigns/international-walk-to-school-month

31ST OCTOBER 2018
Modeshift STARS Drop in Session

19-25TH NOVEMBER 2018
Road Safety Week

The UK's biggest road safety event. The week aims to inspire schools to take action on road safety. This year the theme is 'Bike Smart'.
www.roadsafetyweek.org.uk

21ST NOVEMBER 2018
Modeshift STARS Drop in Session

12TH DECEMBER 2018
Modeshift STARS Drop in Session

31ST DECEMBER 2018
Modeshift STARS Accreditation deadline

23RD JANUARY 2019
Modeshift STARS Drop in Session

27TH FEBRUARY 2019
Modeshift STARS Drop in Session



**WINTER
2018/2019**



**SPRING
2019**

1-31ST MARCH 2019
Hands Up Travel Survey

20TH MARCH 2019
Modeshift STARS Drop in Session

31ST MARCH 2019
Modeshift STARS Accreditation deadline

APRIL 2019
Sustrans The Big Pedal
The UK's largest inter-school cycling and scooting challenge. It inspires pupils, staff and parents to choose two wheels for their journey to school. www.bigpedal.org.uk

24TH APRIL 2019
Modeshift STARS Drop in Session

MAY 2019
National Walking Month

Walk to School Week
A country-wide celebration of the best walk of all. Each year there is a fun themed challenge to take on while walking to and from school. www.livingstreets.org.uk/what-we-do/projects

22ND MAY 2019
Modeshift STARS Drop in Session

JUNE 2019
Bike Week

An annual opportunity to promote cycling and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'. www.bikeweek.org.uk

19TH JUNE 2019
Modeshift STARS Drop in Session

17TH JULY 2019
Modeshift STARS Drop in Session

31ST JULY 2019
Modeshift STARS Accreditation deadline



**SUMMER
2018**

Further details on all events throughout the year can be found at www.getsmartertravelmk.org/events



CONTACT US

Web www.getsmartertravelmk.org
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