

Travel to

## Loughton Manor First School



Loughton Manor First School

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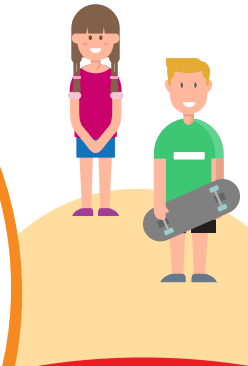
Get to school encourages children, parents, carers and schools to use active ways to travel to and from school each day.

By travelling actively you can;

- Be healthier and fitter
- Arrive at school alert and ready to learn
- Reduce congestion outside the school
- Make your school journey kinder to the environment

There are lots of tips, advice and ways you can get involved here:

[getsmartertravelmk.org/school](http://getsmartertravelmk.org/school)



If you take the bus, instead of getting a lift in the car, you're helping to make it safer around the school gates where parking is restricted.

Using public transport is great for the environment too! Fewer cars on the road mean that there's less pollution and congestion.



**Walking, cycling or scooting** to school are the easiest ways to be more active, get healthier and reduce time spent stuck in the car.

Active travel is suitable for people of all ages and fitness levels. It's a great way to start the school day, and you'll have more time to chat with your friends before you arrive at school!

### Modeshift STARS Plan

Get your school involved in the Modeshift STARS national award scheme. It helps your school to carry out lots of activities to encourage walking, cycling and scooting. Schools can then receive a bronze, silver or gold award.

[www.modeshiftstars.org](http://www.modeshiftstars.org)



Walking is simple and free! It's easy to fit into your daily routine, even if you live more than a mile from school.

**On average it takes around 20 minutes to walk a mile!**

#### Why not try:

- Parking the car a little further away and continue on foot
- Encourage family, friends or siblings to walk with you.



Cycling and scooting is a healthy way to travel to school; it's fast and FUN!

Before setting out, always remember to wear the appropriate kit and make sure you are visible and safe. Choose Redways and quiet roads where possible and take great care at all times.

#### Why not try:

- Finding a Bike Buddy to ride with you to make the journey even more fun.
- Attend a Bikeability course to develop your skills and confidence.



**Exercising in the morning can help you feel happier and concentrate more!**

**Plan your route to school using the [getsmartertravelMK.org/journeyplanner](http://getsmartertravelMK.org/journeyplanner)**

