

30 MINUTES



CAMERA/PHONE

GETTING TO SCHOOL

Aim: To walk, cycle or scoot your route to school. Take a picture of yourself at the school gates, post it to your school's social media and tag us @SustransNI.



Instructions: It seems a while away yet, but school will be back come September. It has been a long time since children were in school, so starting early to prepare them for going back will make the transition easier.

We are encouraging you to practise your route to school at some point over the summer. Families have been enjoying walking and cycling together, with the benefits of quieter streets and reduced air pollution, and we would love to continue to enjoy those benefits on the way to school.

Get out over the summer and walk, cycle or scoot your route to school. If you live further from school, find a safe place to park and walk the last part of your journey (Park and Stride). For Primary 7 pupils, you could practise walking to the bus stop you will be using next year, or walking or cycling the whole way if you live close enough to your next school!

This is also a brilliant chance to chat to your child(ren) about things that excite them, or worry them, about starting back. You may also want to talk about how things may be different—you may not know the details yet but it is good to prepare your child to expect some changes.

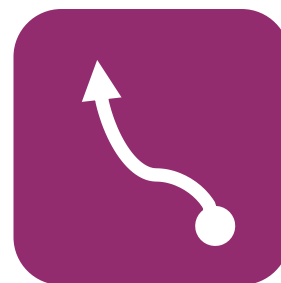
For a short video giving an introduction to this activity:

[Click Here](#)

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools



10 MINUTES



NO RESOURCES REQUIRED

TWO STARS AND A WISH



Extension: If you would like, evaluate the route using “2 Stars and a Wish”.

Identify two things you really like about your route to school (these are your Stars). For example, you can use a quiet side road for part of your journey. Then choose one thing about the route that would have made your journey easier or more enjoyable (this is your wish). For example, you have to bump up and down some kerbs on your scooter so making these sloping would help.

Depending on where you live, have a think about trying a different route for part of your journey, and see if this makes your route better. Why not post your photo with your 2 Stars and a Wish online?



5 MINUTES



NO RESOURCES REQUIRED

PARENT & CARER SURVEY

Prize—for the school with most parent/carer responses (one from each officer area)

Prizes—random draw for parents/carers who complete the survey



Let us know how these resources have been useful to you during the school closures, or give us any thoughts on how we could improve them. Also take the opportunity to let us know about your journey to school.

To complete this short survey, [CLICK HERE](#)

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