



# Join our Walking Warriors this May for Walk to School Week



Most pupils in Staffordshire live within walking distance of their school and could walk to school on a regular basis, but survey data shows us that not everyone does this. We appreciate that some pupils do live too far away to walk, so why not park further away and walk the last bit of your journey?



## Walking to school has many benefits

Children who walk to school are more alert and more attentive in the classroom than those who arrive in the car.

Walking to and from school helps to keep children physically active, a 15-minute walk will provide your child with half of their recommended daily exercise.

Walking to and from school is great for adults too.

The walk to school can be used to help children develop the necessary road safety skills to help them stay safe when out and about and become independent travellers.

It helps keep the local air clean and is a great way of helping to tackle climate change, we all need to do our bit!

Children in cars are exposed to twice as much pollution as pedestrians, even travelling along the same road.

It keeps the streets around your school free from congestion, making it much safer for everyone.

Walking to school instead of driving saves a family, on average, £400 per year!

## Join in the fun and share your stories

Share with us your Walk to School Week Story on social media by tagging **@AirAwareStaffs** and **@StaffordshireCountyCouncil** into your posts and using the hashtag **#INTOWalkingStaffs** and you may feature in one of our TikTok stories. Please only share photos that you are happy for us to share too.

Ask your school for a copy of your 5/10-minute walk zone map. Every school in Staffordshire has one and it may help you to plan your journey more effectively.

Please visit our **website** or email **INTO@staffordshire.gov.uk**



**@AirAwareStaffs**

**@StaffordshireCountyCouncil**

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