

Penwortham Girls' High School



Penwortham Girls High School
Cop Lane
Preston
PR1 0SR

Further road safety resources are available on
www.saferschools.lancsngfl.ac.uk



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Your School

Your school encourages children, their parents and carers, and other schools to think about using more sustainable ways of travelling to and from school each day.

By walking, cycling and scooting you can help to keep yourself and your child, healthier and fitter, as well as making your journeys to school kinder to the environment.

This will also help to reduce parking issues and the area outside school will be a safer place.

Remember to keep a safe distance from anybody that is not from your household.



It's easy to fit walking into your daily routine, even if you live more than one mile away from school. Why not try:

- Parking the car a little further away and continuing on foot?
- Walking to and from school?

This map will help you plan your route if you decide to walk all or part of the way.

Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier.

Safer Steps Online is available for all schools to use when teaching children about staying safe when walking close to roads. Schools can request a log in for this by contacting safetravelteam@lancashire.gov.uk. More information about this can be found at www.safersteps.co.uk.

Walking to school is a great way to start and end the day, you will have more time to chat with your child and catch up before they arrive at school.

20 minutes of exercise each day can make you healthier!

Cycling

Riding your bike or scooter to school is one of the easiest ways to get some daily exercise.

With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

Don't forget to wear a helmet when cycling or scooting.

Module 1 workbooks are available for schools online at www.saferschools.lancsngfl.ac.uk - these help with the theory of using a cycle on a road and are a great resource for use in school.

During the partial lockdown

Please consider using private transport if it is not possible to walk, cycle or scoot to school. Please park as far away from school as possible and avoid parking on pavements to allow pedestrians more room to social distance when walking.

Avoid using public transport unless absolutely necessary.

Avoid congregating at the school gates to ensure people can walk past and keep a suitable distance from you and others.

Check if the school have changed drop off and pick up times as they may have decided to stagger these to help with social distancing measures.

Remind students to wash their hands upon arrival at school/home!



Don't forget to wash your hands for 20 seconds when arriving at home/school.

