



Edition 4  
September  
2005

# Norfolk School Travel Plan Newsletter

**International Walk  
to School Week  
3 - 7 October 2005**



## **Welcome to the fourth edition of School Travel Plan News,**

which is full of exciting new ways to get your school moving with ideas and examples to increase walking and cycling to your school. This newsletter is packed with information, including how to get involved in International Walk to School Week, how to get started on a travel plan and most importantly, tips on how to make your travel plan work for your school. If you have any questions, please contact your area School Travel Plan Officer who will be happy to help.

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**International Walk to School Week** gives children, parents, teachers and the local community an opportunity to be part of a global event and celebrate the many benefits of walking. Here are some ideas to make the most of International Walk to School Week at your school:



- **Walk** around the world! Choose five continents and visit one each day.
- **Learn** a little something about each place visited, for example, language (how to say "walk to school"), religions, music, wildlife, oceans, dress, food, movies, etc.
- **Link** with the classroom curriculum in geography, history, maths, art and music.
- **Start** your walk in your country and choose another country participating in International Walk to School Week to visit each day. Calculate the distance.
- **Use** the week to kick off walking the world for the rest of the school year. Assign a kilometre amount to each student for each time they walk to school and use this to calculate the distance the school has walked. Place a map in the school hallway to track progress.
- **Give** away prizes like globes, atlases and books about the countries.
- **Write** a travel diary and compare it to another school's travel diary somewhere else in the world.

More information can be found at [www.iwalktoschool.org.uk](http://www.iwalktoschool.org.uk). If you have any success stories or photos of pupils taking part in International Walk to School Week, please send them in so we can feature them in the next newsletter.

### Schools with new School Travel Plans

**Congratulations to** Hobart High School, Mattishall Primary School and Colkirk Church of England Primary School who have submitted travel plans since the last STP newsletter.

## HOW TO...

### write a travel plan

If you haven't got a travel plan yet this step-by-step guide will introduce you to the process and show you what's involved in producing your travel plan. Your STP Officer can help throughout the process.

1

#### Get people interested

Form a Travel Action Group. This can involve pupils, school council, staff, parents, governors and local residents.

2

#### Carry out surveys

Survey pupils, parents and perhaps staff or residents to identify the current travel patterns to the school.

3

#### Collect & analyse your results

Identify the issues, needs and problems for your school, featuring safety, the environment and health.

4

#### Identify your solutions & develop an Action Plan

Do this in consultation with pupils, staff, parents and governors. Decide what actions are needed, who will be responsible for them and by when they need to be achieved.

5

#### Complete & sign off the travel plan

Finish writing up the travel plan and ensure that it meets the criteria. Send it to your STP Officer.

6

#### Launch your travel plan

This is your chance to publish and publicise your plan. Have a formal presentation or a special event.



# Making a difference...

Here are a few ideas to make sure that your travel plan doesn't just end up sitting on a shelf but makes a real difference in your school. The four stages of change:

1

## Raising awareness

- Pupil and parent surveys
- Ensure you have pupil involvement in the travel plan group and initiatives
- Include a travel plan report in each edition of your school newsletter
- Display the travel plan information on a notice board
- Produce a travel plan leaflet
- Appoint a class to make a film that can be shown at parents' evenings
- Hold competitions for pupils e.g. local mapping, promoting cycling or walking
- Have an open day and invite parents, governors and local residents

**Case Study** Bignold First and Middle School held an open day for and displayed their travel plan information on a notice board.



2

## Targeting your campaign

- Assemblies
- Hold a parent poll to raise support for a specific footpath or safe routes scheme
- Car-share coffee mornings and special events
- Invite individuals to take a lead in areas where they have a specific interest
- Link sustainable travel to health, safety and the environment

**Case Study** Astley Primary School held a parent poll to gain support for a



3

## Experimental behaviour

- Walk or Bike to School Weeks
- Walk or Bike to School Days
- Jam Busters
- Pedometer challenge

**Case Study** St Peter and St Paul CE VC Primary School held a bike to school day.



4

## Habitual behaviour

- Steppers and Walking Zones
- Walk on Wednesdays
- Car-share clubs
- Incorporate sustainable transport issues into the school curriculum
- Have regular meetings of your School Travel Plan Group. The group should meet at least termly to progress the actions in the travel plan
- Re-survey and update your travel plan annually
- Add the travel plan to the School Development/Improvement Plan

**Case Study** As a result of participating in the Steppers Scheme, 79 pupils who previously travelled by car to St William's Primary School, now walk or cycle to school.



# Travel Plan resources for Norfolk schools

Available from your School Travel Plan Officer

**Assembly pack** to get pupils to think about how they travel to school and the benefits of walking and cycling.

**Pedometer pack** containing 50 pedometers and ideas on how to use them to promote walking

to school.

**Jam busters** is a scheme that encourages sustainable modes of transport and is designed for KS2 pupils and can be run by the school council.

**Steppers** is a scheme which rewards KS1 pupils who walk to school.

**Curriculum link information sheets** that show how travel planning fits in with the national curriculum.

**Individual travel planning** is available for high school pupils and helps pupils work out their alternatives to the car by looking at public transport options and walking and cycling routes.



## Extra Travel Plan funding

**Congratulations to the** 117 Norfolk schools that did incredibly well this year and received a total of £623,906 between them from the Department for Education and Skills to spend on their school sites on projects such as cycle storage and lockers.

The extra funding of approximately £5,000 for first schools and £10,000 for secondary schools is still available for schools that submit travel plans by March 2006. If you would like to do a travel plan and get the extra funding for your school site, please contact your School Travel Plan Officer.

## Dates for the term ahead

**Travelwise Week** 19 - 24 September  
**In Town without my car day** 22 September  
**International Walk to School Week** 3-7 October  
**Road Safety Week** 7-13 November

## Walk to School Week May 2005

In May this year more schools than ever before took part in Walk to School Week. 177 Norfolk schools took part (40 more than last year) and for the first time, six of these were high schools and three were special schools.

### School Challenge Winners

**1. Highest percentage of children walking to school:** **Great Dunham Primary School** managed to get 100 per cent of pupils walking

to school.

**Woodlands Middle School** had 97 per cent walking and cycling to school.

**2. Greatest percentage of children taking part in a daily ten-minute walk around the school grounds.** So many schools managed to persuade 100 per cent of children to take part that the two winning schools were drawn out of a hat. They were: **Sidestrand Hall School** and **Gooderstone Church of England**



If you would like further information, please contact the team at Norfolk County Council



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