

Coffee Morning 17.1.19

Focus: Safe Travel

Introduction:

Dawlish and Newport Schools are part of the STARS (Sustainable Travel: Active, Responsible, Safe) accreditation scheme and have been accredited with a Bronze award last year. Both schools have an action plan which outlines key priorities and activities which promote safe travel.

We opened the coffee morning by looking at the following:

Waltham Forest study of life expectancy benefits of increased physical activity from walking and cycling, research conducted by Kings College London. Below are some of the interesting findings:

- In Waltham Forest, if people (children and adults) increase the amount of walking and cycling, life expectancy is increased by 7-9 months, on average
- By accompanying their children on an 'active school run' (cycling/ walking/ scooting), adults also benefit physically
- Physical activity in childhood increases the likelihood of maintaining physical activity in adulthood

For the full research and findings, please visit:

<https://www.kcl.ac.uk/IsM/research/divisions/aes/research/ERG/index.aspx>

The following information was shared and discussed at today's coffee morning. Parents/ carers shared their opinions and ideas. Below is a summary of the discussions:

Key priorities for Dawlish:

- To ensure a safe travel environment for all children, particularly when dropping of and collection on Dawlish Road
- To promote awareness of safe travel
- To promote a healthy lifestyle by developing active travel e.g. cycling, walking, scooting

Current barriers:

- No cycle/ scooter storage shed
- Two-way traffic on Twickenham Road, congestion and unsafe driving practice of some drivers
- Cars stopping on the zig-zag lines/ children getting out of the car in the middle of the road

Key priorities for Newport:

- To ensure a safe travel environment for all children, particularly when dropping of and collection on Twickenham Road
- To promote awareness of safe travel
- To promote a healthy lifestyle by developing active travel e.g. cycling, walking, scooting

Current barriers:

- Limited storage for bikes/ scooters. Increasing the amount of cycle sheds would impact upon playground space, which would affect the quality of play for children
- Two-way traffic on Twickenham Road, congestion and unsafe driving practice of some drivers
- Cars stopping on the zig-zag lines/ children getting out of the car in the middle of the road

As part of the STARS accreditation, both schools have completed the following:

- Assemblies on safe travel
- STARS working party made up of staff and pupils
- Development and promotion of physical activity throughout the day- an active playground
- Curriculum coverage on healthy living/ air quality etc.
- Competitions: creating safe travel
- Partaking in the annual 'Walk to School' week
- Annual pupil 'travel to school' survey

Ideas shared by parents/ carers/ HoS:

- Pupil travel ambassadors
- 'School Streets'
- Developing 'Family Rambles', as started in July 2018
- Promotion of physical activity
- Increase/ development in bike storage

Next Steps:

- Meet with STARS travel team from Waltham Forest
- Continue to work on accreditation- silver award for 2018-19
- Investigate the possibility of developing the idea of 'School Streets' which has been used in neighbouring boroughs such as Camden and Hackney.
 - Waltham Forest Council is looking for schools that would be interested in trialling a 'School Street' in the vicinity of their school. A 'School Street' is where the roads outside some schools are closed to vehicles associated with the 'school run' and through traffic at school opening and closing times during school term time only. This helps make a safer, cleaner and more pleasant environment for everyone, while making sure residents, businesses, pedestrians and cyclists can still use the road. (from WF council)