

# Travel to Westgate CP School



No car site between 08:40am and 3:40pm (start and end of school day)

Disabled spaces at the front of the school.

We want to encourage all families to walk, cycle and scoot to school where possible. But if you need to drive, we ask you try and park 5 minutes away from the school. This helps to create a safer and healthier environment for our school.

There are 3 gates to access the school - Spread Eagle, Car park and Early Years.



[walkingandcycling@suffolk.gov.uk](mailto:walkingandcycling@suffolk.gov.uk)

[thewaytosuffolk.org.uk](http://thewaytosuffolk.org.uk)

[facebook.com/TWTGSuffolk](https://www.facebook.com/TWTGSuffolk)

Designed by Pindar Creative [www.pindarcreative.co.uk](http://www.pindarcreative.co.uk)

## Active Travel

The **Way to Go** team are encouraging everybody in Suffolk to travel in a more active and sustainable way – and this includes the journey to school!

### What do we mean by active travel?



Walking



Cycling



Wheeling

There are so many benefits to walking, cycling or wheeling to school. Fewer vehicles on the road mean a lower level of emissions and less congestion making the roads safer and healthier for everybody.

Morning exercise can help support brain power and performance in class. Plus physical activity has been linked to a reduced risk of experiencing anxiety and better learning outcomes for our children.

Rather than drive your child to school, could you consider walking, cycling or wheeling? Maybe starting once a week and then working up to walking, cycling or wheeling more frequently?



## Cycling and wheeling

There are lots of benefits of cycling or wheeling to school!

- It unlocks freedom and independence
- It empowers children to not just cycle to school but everywhere - the park, the shops, to see friends
- It helps maintain mental wellbeing as well as keeping children physically fit
- It's FUN

### Safe Cycling Tips

- Wear a cycle helmet
- Lock your bike – don't lose it
- Use cycle lights

Why not ask your school whether they offer **Bikeability** cycling training?

**Bikeability** is a course designed to give children the skills and confidence to cycle on the road.



### The Way to Go Team

Families who are looking to cycle more frequently and want a refresh of their cycling skills can book a **family cycling session**.

If you're interested get in touch directly by emailing [walkingandcycling@suffolk.gov.uk](mailto:walkingandcycling@suffolk.gov.uk)

The **Way to Go** team can also arrange **Dr Bike** sessions. This is when our bike mechanics will carry out safety checks to ensure that bikes are road-worthy.

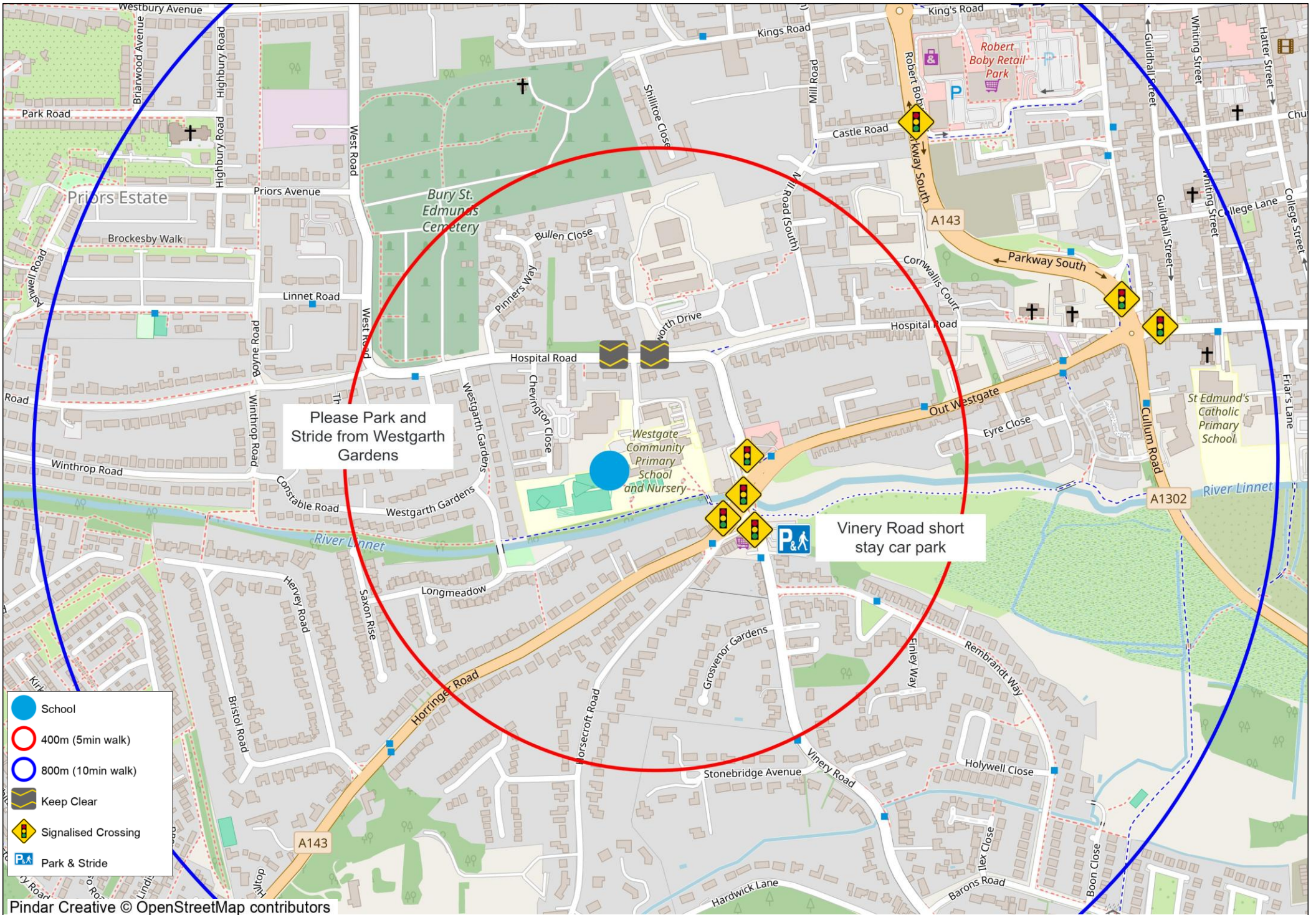
Ask the school if this is available and if not, they can get in touch with us to organise it. Email [walkingandcycling@suffolk.gov.uk](mailto:walkingandcycling@suffolk.gov.uk)

## Park and walk

### Why not try

- ⦿ Being dropped off a few minutes away from the school
- ⦿ Use the map overleaf to identify somewhere at least five or even ten minutes from the school, then walk the rest of your journey. Get some exercise on the way!
- ⦿ There will be less congestion around the school making it safer and healthier for everyone
- ⦿ If you have to drive, have you considered car-sharing? You could save money and reduce your carbon footprint by sharing the car journey with another family





Please Park and Stride from Westgarth Gardens

Vinery Road short stay car park

- School
- 400m (5min walk)
- 800m (10min walk)
- Keep Clear
- Signalled Crossing
- Park & Stride