



Talavera Junior School
Active Travel Policy

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Signed: _____ (Policy Owner)

Print Name: Chloe Coomasaru

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Print Name: _____

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Talavera Junior School Active Travel Policy

Rationale:

Studies show that only 20 minutes of exercise can improve concentration and help focus learning (UCL, 2020). At Talavera, we would like all children to understand the benefits of any type of activity which is why we promote active travel. Exercise has been proven to increase your mood, improve memory and cognitive function and increase energy levels (UCL, 2020). Actively travelling to school gives children a positive start to their mornings as they are reaping in the benefits of exercise and releasing endorphins before they start learning. Currently, 51% of children aged 5-10, nationally, walk to school. 2 in 5 parents worry about pollution levels (Living Streets, 2023). The government aim for 55% of children to be walking to school by 2025 to help reduce pollution levels. We encourage actively travelling to school to teach our children about the importance of taking care of our planet.

Aims

- Currently, 67% of children at Talavera Junior School walk to school (up 5% from the beginning of the year). Our target is to increase this to 70% by the end of the year (15% higher than the Government's aim for 2025).
- 88% of our children are travelling to school actively (walking, biking, scooting or Park and Stride), our target is to increase this to above 90%.
- We aim to maintain our Platinum Modeshift accreditation and close relationships with contacts at Hampshire County Council and Living Streets.

Vision

We want our children to be actively involved in their wellbeing and the wellbeing of the planet. We would like our children to be travel to school safely, consciously and actively.

Practice

There are a number of different ways we encourage active travel at Talavera.

Living Streets and Travel Tracker

As a school, we work in partnership with Living Streets to promote active travel and participate in a variety of their campaigns: Walk to School Week, WOW: Walk of Fame and WOW: Badge Design competition. Representatives from Living Streets have attended assemblies at Talavera to encourage active travel to

school. We display advertisements around school to remind children of Living Streets' campaigns (on railings outside school, in classrooms and at the school office). In addition to this, we aim for all class teachers to use the Travel Tracker and promote this through the use of our JRSOs (Junior Road Safety Officers) who assist teachers in launching this in their classrooms.

Modeshift

We collaborate with Modeshift to work on initiatives to gain/ maintain our platinum status for active travel. We do this by working with a representative from the local authority and regularly meet to discuss ways to continuously increase our engagement. The local authority supports the use of the Park and Stride scheme which enables children who want to participate in walking to school to do so even if they do not live close enough.

Curriculum Links

Throughout our curriculum, we promote the benefits of active travel. This happens across year groups and helps to reinforce the children's understanding.

Year Group	Subject	Term	Topic	LO
3	Indoor P.E.	Spring 2	Yoga	To understand the health benefits of exercise
3	PSHE	Summer 1	Community	To identify that there are different responsibilities towards the environment
5	PSHE	Summer 1	Community 2	To understand the benefit of exercise on your physical and mental health
5	PSHE	Summer 1	Community 2	To understand the benefit of physical exercise on yourself and the community
All Years	Outdoor P.E.	Spring 1	Running	To understand the health benefits of exercise

Collaboration with other staff

At Talavera, we work as a team to ensure our goals are being met. We regularly plan and engage in discussions on how we can continue to encourage active travel. Furthermore, several of our clubs (ECO School and School Council) work alongside our JRSOs to support initiatives to help maintain platinum status.



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POLICY CHANGE HISTORY

Version	Date	Status	Policy Owner	Governor Approval	Comment
1.0	20/04/23	Approved	FM LM	N/A	
2.0	06/11/23	Approved	CC	N/A	

Intent

At Talavera the health and wellbeing of all the pupils are a top priority and the Active Travel Plan helps promote this. Walking to school can have a huge effect on the mental wellbeing of the children getting them into a good mindset as soon as the day has started. It also improves their physical activity and can contribute to the 60 minutes a day that the children need. The travel plan also promotes reduction in emissions as walking, cycling or scooting are all preferred methods of travel compared to using a car. This helps the environment and allows for discussions on improving our air quality and reducing fossil fuels to be had.

Mental Wellbeing				
objective	S/C	Action	LP	R
To increase children's mental wellbeing	<ul style="list-style-type: none">- Talk through benefits of walking to school-	Walk to school weeks		