

# Travel to The Charles Dickens School



## Why walk to school?



Walking is a good form of exercise. Students that walk to school often arrive more relaxed and ready to learn. Walking can be good to gather your thoughts. If you have had a hard day walking home can give you time to let off steam.

You could also arrange to walk with friends. This gives you time to have a chat on the way into school. You could even share homework ideas!

You will get to know your local area and you could even help to make the journey to school safer by reporting any hazards you see. Why not even help some of the local Primary School children by walking with them. This will help to increase their confidence, ready for when they start Secondary School.



“I now take my younger sister to school as it is on the way to our school. This saves my mum a lot of time in the morning and helps her to get to work on time.”

## Carry out the Pedometer Challenge

Wear a pedometer on your journey and measure how many steps you take getting to school. Try increasing this every week by varying your route. You will feel much healthier and alert. Ask your friends to do the same and challenge each other to see who can record the highest number of steps. Can you find a route that is safer than the one you use? If so share it with others.

“I like walking. It gives me the freedom to catch up with my friends and we even get to call in the local shop on the way”



## Park & Stride ...

If you live outside the walking zones try using the Asda Car Park and walk into school from there. If you travel from a different direction, are there any other good off-street parking areas that we could use?

Parking outside or close to the school gates causes congestion and actually makes the road more dangerous for other users. It also creates more pollution from exhaust fumes and blocks the road for local residents. Parking along Broadstairs Road obstructs the view of the new zebra crossing and makes it more difficult for our Crossing Patrol Officer to supervise students crossing the road safely.

Congestion often causes students to be late for school or parents late for walk. Use the safe drop off point at Asda and allow enough time to walk to school. You could always wave to your friends who are still sitting in the traffic jam!



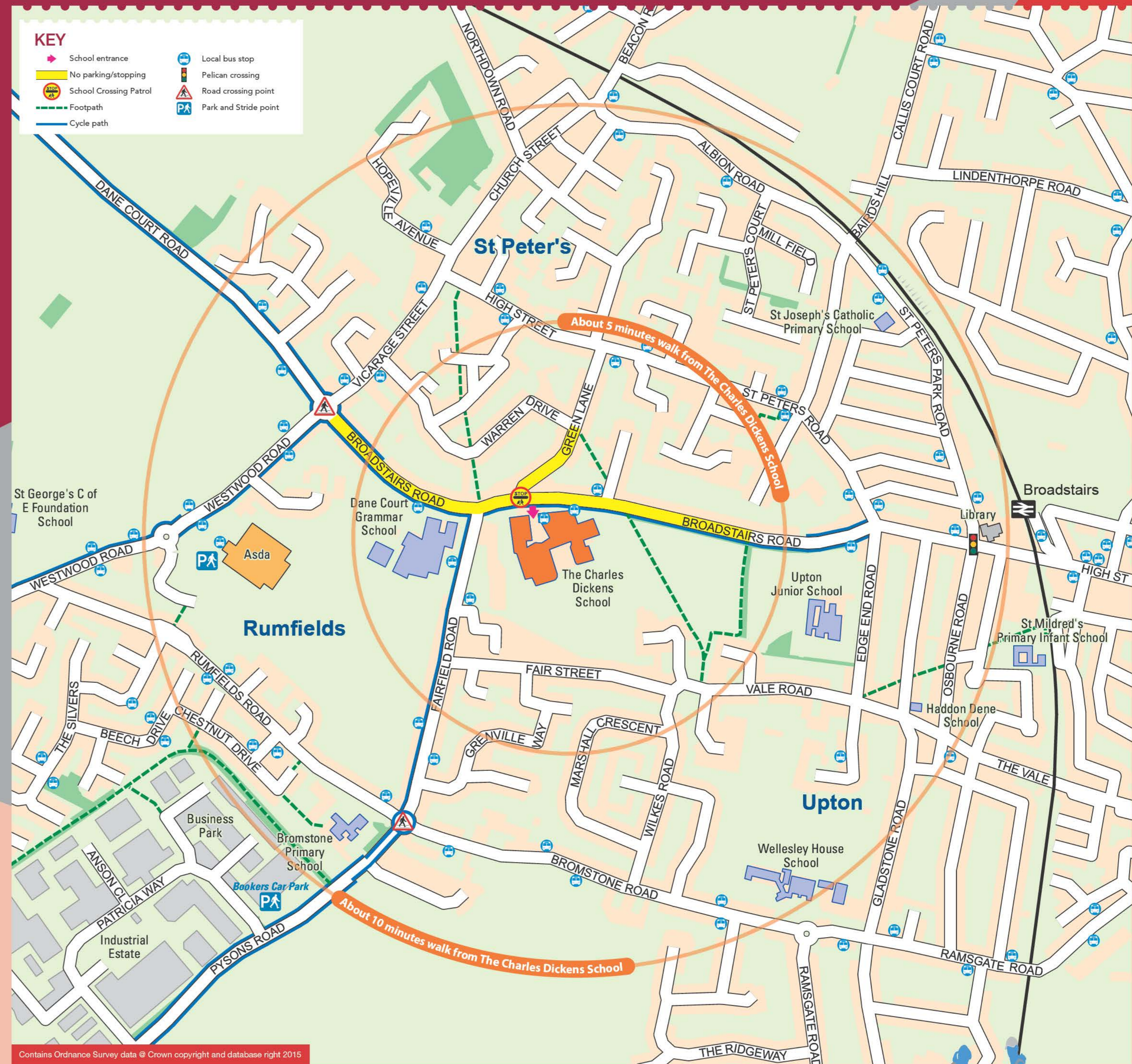
## Making the Journey to School Safer

Kent County Council have recently installed a zebra crossing outside the school. This provides a safe crossing point along Broadstairs Road.

Most students live within 5 miles of the school. Many live within 5 and 10 minute walking zones, as highlighted on the map. If you do live within these walking zones we encourage you to walk or cycle to school. There are many advantages in walking to school and it is much healthier.

If you live outside of the walking zones you could consider using the Park & Stride scheme. Asda have kindly offered free use of their car park for this. Alternatively you could cycle along the designated cycle paths. School have a number of lockers available that you could use to store helmets and cycle accessories.

If you want to find out the quickest and safest route to school you could register to use Faxe, the Car Sharing Web site. For students living outside the walking zones you could ask your parents to set up car sharing with friends through the Faxe site. There are also many bus routes into school. Why not catch the bus and walk?



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## The Charles Dickens School

The CDS Travel Plan aims to reduce the congestion that takes place daily along Broadstairs Road and surrounding areas during school start and leaving times.

Promoting walking and cycling aims to reduce the number of vehicles on the road completing the school run, so reducing congestion and pollution.

[www.cds.kent.sch.uk](http://www.cds.kent.sch.uk)

“When I walk I often see some of my friends sitting in cars that are not moving. I always end up getting to school before them so I can't see why they don't walk as well.”



## 10 Good reasons to walk to school

- Better health
- Improved concentration on work
- Social inclusion with peers
- Less pollution around school
- Save money on fuel costs
- Gain independence
- Interaction with local community
- More awareness of road safety
- Improves overall mood
- Reduces stress

Useful websites:  
[www.faxe.co.uk](http://www.faxe.co.uk)  
[www.think.direct.gov.uk](http://www.think.direct.gov.uk)  
[www.brake.org.uk](http://www.brake.org.uk)  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

“I feel much healthier by walking. It is also good to call on friends along the way and chat about what we did the previous day”

