

The Hall School Travel Pack 2015

The school supports the Camden Schools Travel Plan initiative which encourages families to develop environmentally friendly journeys to school. This not only increases the fitness of our pupils but also improves the local environment. Children are encouraged, where possible, to walk, scooter or cycle to school. There is provision at school for bicycles, and scooters. For those living further afield car sharing and the use of public transport is promoted.

Walking gets results. Studies at the University of Essex showed that exercise helped 10 and 11-year-olds do better in exams

Travelling by more active modes of travel is one of the easiest and cheapest ways to build exercise into our daily routine



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Buses

The School is served by the following buses: on Fitzjohn's Avenue the 603 and 46 run. Finchley Road is served by the 82, 13, 113, C11, 187, 268 and the N13.

Tube and Rail

The School is located within ten minutes walk of Belsize Park Tube and ten minutes from Chalk Farm Tube stops which are both on the Northern Line and within ten minutes walk of Swiss Cottage Tube station on the Jubilee Line.

School Bus

As you may be aware there has been a coordinated effort between the local schools to support a shared school bus service. This commercial venture is now running a number of routes for Camden schools. Details can be found at:

<http://www.transport4schools.org/>

Active Travel

Most of our pupils and parents already walk, scoot, or bus to school



We encourage active travel for all our school community because:

Walking and cycling keeps us fit and healthy

Children who cycle to school are significantly fitter and nearly five times as likely to be in the top quartile of fitness, than children who travel by other modes.

It helps pupils develop road safety skills which will keep them safe in later life

The age group with more children killed or seriously injured on London's roads is 12 – 15 years, nearly three times more than any other child age group. That's why we believe it's important to prepare our children and give them the relevant skills to travel independently when they are older.

We believe cycling is a life skill that everyone should be able to benefit from

Cycling contributes significantly to inclusion – providing children with the ability to access facilities, education and training in later life.

It helps keep our local air clean, and our local streets free from congestion

London exceeded permitted levels of particulate pollution over 36 days in six months during 2010, more than the permitted 35 days allowed during an entire year.

It helps us maintain friendly relationships with our neighbours

Dangerous and inconsiderate parking not only creates an unsafe environment outside the school but upsets our neighbours and local residents.

How we travel matters

What our parents do:

Walk, scoot or cycle to school

Whenever possible
Follow the voluntary One Way System

Park and walk

Where a car must be used we ask all parents to drive only part of the way, park away from the school and walk the rest of the way ('park and walk'). This helps build exercise into daily routines and contributes to your child's hour a day of physical exercise.

GREEN ZONE

We are dedicated to setting up a green zone around our School. A Green Zone is an area around the school where we can have a positive impact on the environment and reduce emissions.

In order to help us increase the quality of air in and around our School. PLEASE do not park on Crossfield Road near the school. Park and Walk!

Follow the voluntary One Way System

If you do need to drive we do ask that you follow the voluntary one way system south down Crossfield Road

Walk Once A Week

Walking the whole journey to school or parking away from the school and walking as far as possible once a week.

Keep the area outside the school clear

Not stopping and dropping off pupils outside the school reduces congestion, improves local air quality and keeps the area safe for pedestrians.

"There is a significant positive relationship between physical activity in childhood and general 'cognitive functioning' and academic achievement in school...."



What we do

- We have achieved a 30% reduction in the number of pupils being driven to school since 2007. This compares to an average 6% reduction in other schools in London.
- All local school trips are made on foot if the destination is close by
- We provide a School Travel Pack outlining how the options for travelling to school
- Encourage all members of our school community to walk, scoot, cycle or travel by public transport to school
- Hold Walk to School Days every half term
- Carry out school travel consultation at regular intervals to ensure we know what prevents more active travel and what we can do to remove barriers to it

If you really need to drive...

Some tips to help you avoid wasting money and improve performance

Cold starts

Avoid leaving your engine ticking over for long periods. Drive off as soon as possible after starting as the car will warm up quicker and more efficiently when moving.

Idling

If your engine is idling you're not moving and therefore getting 'zero miles per gallon'. If you have to wait in a traffic jam or at a level crossing, it's best to switch your engine off. In hot weather this is particularly important as it will help stop the engine overheating.

Eco-driving

Hard, fast driving results in using more petrol and wearing tyres – leading to more pollution and higher motoring costs. It is entirely inappropriate to accelerate and break hard in villages, towns and cities – where most road accidents occur. Safe and controlled driving is actually far harder and demonstrates considerable skill. It also saves wear and tear on the engine, clutch, gears, brakes and tyres – leading to better fuel economy and preventing unnecessary expenditure.

Drive smoothly

Accelerate gently and avoid heavy or sudden braking. As well as polluting the air, tyre and brake lining residue and exhaust pollution fall onto the road and pollute surface-water drains.

How good is your driving?

Find out how good a driver you really are by doing a mock driving theory test.

www.dsa.gov.uk/mockpaper/theoryintro.htm



Care for your car

Check tuning, tyre pressure and fuel consumption – regular servicing helps keep your car efficient.

Road rage

Be respectful of the community and environment around you. If you can't be patient and calm for others, consider your own heart. Stress means a person may be at a greater risk of developing coronary heart disease.

Kill your speed

Just five miles over a 30 mph speed limit can increase stopping distance by a further 21 feet. You should always be able to stop within the distance you can see ahead. Is it worth gambling that there isn't a child around the corner?

Increased speed means increased fuel use. If you stick to the speed limit, you will find little difference in journey time, and a lot of difference in your stress level! And after all, what's the point in rushing to join a queue?

Lighten up

Roof racks add drag and other unnecessary weight increases fuel consumption. Air conditioning and other on board electrical devices increase fuel consumption and cost you money – only use them when really necessary.

Walking one mile in 15 minutes burns about the same number of calories as running a mile in eight and a half minutes

Transport Details

ON FOOT

We encourage parents to walk with their children to school, however for those living further away from the school...

BICYCLE

There is provision for cycles and scooters. You can plan your journey by bike using the TfL Journey Planner web site:

http://journeyplanner.tfl.gov.uk/user/XSLT_TRIP_REQUEST2?language=en

Cycle routes and maps can be found at:

http://cyclejourneyplanner.tfl.gov.uk/cycle/XSLT_TRIP_REQUEST2?language=en

There are also details of discounts on cycles and equipment at

<http://www.tfl.gov.uk/tfl/roadusers/cycling/offers/>

For Camden and the surrounding areas there is a dedicated web site for cyclists:

<http://maps.camdencyclists.org.uk/>

Free Cycle Training

You may be interested to know that Camden offer free cycle training for children, families and groups as well as individual lessons for regular urban cyclists who want to make their journeys safer and more enjoyable. Camden staff can teach families to ride together, can show you how to ride protectively with your children and how to encourage them to use their bikes more. The children are however too young to qualify for the Camden Training courses, but the school has details for adult courses. For more details contact the Transport Strategy Team by phone on 020 7974 5543 or apply on line at:

<https://www.camden.gov.uk/ccm/content/transport-and-streets/cycling-and-pedestrians/cycle-training-in-camden.en>

Alternatively you can also contact Cycle Training UK <http://www.cycletraining.co.uk/> or Bikeability: <http://www.dft.gov.uk/bikeability/>

There are also cycle maintenance courses available detailed on the London Cycling Campaign site: <http://lcc.org.uk/articles/bicycle-maintenance-courses>

CAR: PARK & WALK

We have a policy of promoting Park and Walk to minimise the traffic around the school and to decrease congestion. Please park as far as you can from the school. PLEASE do not park in our Green Zone in Greencroft Gardens.

Pay and Display bays may be available in the school vicinity, but there are very few of them. Parking restrictions operate between 8am and 22.00 from Monday to Saturday.

DRIVING WITH CARE AND ATTENTION

As you know we have had a policy of encouraging parents to drive with care and attention and to follow the Highway Code for some years now. We ask that you:

- Keep your speed down
- Drive with care and attention
- Do not park across our neighbours' drives
- Park as far away from the school as you can

CAR SHARE

The school is keen to promote car sharing. If you would like to find potential car share partners, please do contact the School Office.