

## Avoid congestion and save time and money!



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#### Park & Stride

A scheme where parents/carers park a short distance from the school and walk the rest of the way. This is ideal for those who live too far away from the school to walk or who need to continue their journey to work or to another school.

Next time you drive, try to Park & Stride. Find a suitable place to park outside the 5 minute 'no parking' zone, which is clearly marked on your map, and walk the rest of the way to school. You may even find it takes you less time than trying to find somewhere to park outside the school gates. Suggested Park & Stride sites are indicated by a Park & Stride symbol.



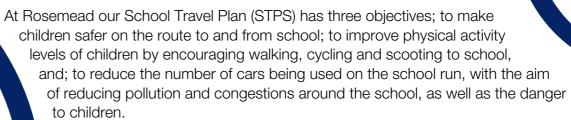
# "Walking to school is good for our health"

### Safety at the school gates

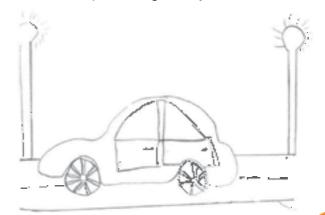
The area outside of the school gets extremely busy with parents waiting to pick up or drop-off children, each school day. Unfortunately, this means many parents will try to park as close as possible to the school gates, leading to congestion and often parking illegally (on School Keep Clear zigzag lines) or inconsiderately (across resident's driveways). The school are keen to ensure that everyone can come and go from the school premises safely, and kindly request that parents park a 5 minute walk away from school. This will make the area outside the school gates safer for everyone. If you have to drive to school, please be considerate and park at the suggested locations you can find on this Park & Stride map.

### Parking and Walking Map

This map has been created by children from Rosemead who have looked at the local area and identified good places to park, about an easy 5 minute walk from the school. This map is the product of their work, and we hope you find it useful.



We encourage active travel to school through initiatives such as bikeability, pedestrian training and scooter training for our children. Parents are encouraged to be considerate towards our neighbours in parking their cars and to be mindful of the safety of our children and their parents; school A-frames remind parents not to park dangerously.



#### Dear Parents and Guardians, this

Park & Stride map, created by working with our children, contains a 5 minute 'no parking' zone around the school, and suggested alternative parking places for those who have to drive the school journey. We thank you for your support in parking further away and making the school gates a safer place for everybody.

#### Why walk to school?

8 in 10 children in London do not get the one hour a day of physical activity they need to stay healthy – walking to school is one of the easiest ways to build activity into daily routines. Just one generation ago, more than 70% of primary school children walked to school. Today at Rosemead only 26% of children travel to school actively and we would like to raise that.

Walking to school with your child gives you the chance to teach valuable road safety skills and prepares children for making independent journeys in the future. Walking even part of the way to school is a great way of making time to talk to your child and studies have shown it can help to improve concentration and focus for the day ahead.



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