

## What is a School Travel Plan (STP)?

In a nutshell: A STP is a plan to tackle car use on the "school run" – to get children walking, cycling or using public transport to get to school.

**All London schools MUST develop their travel plans by 2009**

A STP is good for the kids and good for everyone else too! Helps tackle childhood obesity, congestion, pollution and road danger. Children that have exercised on the way to school are more ready to settle and more receptive to learning. They need and have a right to daily exercise – it is as vital as the current focus on their need to eat wholesome nutritious food.

Driving to school is as bad for kids as turkey twizzlers!

### **£££££ for your school!**

*An approved STP earns serious money for your school! About £5k for a nursery/primary and double that for a secondary (depends on pupil numbers), to spend on such things as bike parking and pedestrian shelters*

☺ And you can be paid for teacher time put into developing the STP ☺

"Giving our children the option to walk or cycle to school could save their lives... The upward trend of childhood obesity continues unabated [and has doubled since 1995]... England's Chief Medical Officer recommends that children need to exercise at least one hour per day to maintain health and well-being... Approximately 30% of boys and 40% of girls do not achieve this... **Cycling and walking to school are among the few ways that children can include physical activity as an integral part of their lives**" Dr Adrian Davis, Sustrans Health Policy Adviser

***Children are losing freedoms that were once taken for granted: in 1971 seven out of ten seven year olds made their own way to school. Today, fewer than one in ten does.***

It's 8.45 in the morning and the roads around the school gates are thick with traffic. Parents drop off children with their car engines still running. Others drive around searching for a parking space. Children dart between crawling cars to cross the road. Those making their own way to school have made tricky crossings on busy roads. It's just not safe.

If this sounds like your school, then a STP could help. Making the school journey safer can break a vicious circle. As traffic grows worse, parents become more worried about letting children make their own way to school, and more likely to drive them there. Up to one in five cars in the morning rush hour is now on the school run. That's four times as many as twenty years ago. The result - more traffic... and more danger to children.

Parents are also influenced by other pressures. Anxiety about strangers, worries about bullying and plain lack of time in the mornings all encourage people to choose the car. Wouldn't it be better if you knew children's journeys had been made safer?

from the Department for Transport's website at <http://tinyurl.com/28r53t>

### **Children lose out**

Children driven to school are losing out in lots of ways. **In busy traffic, children inside a car breathe in more pollution than they would walking along the pavement!** Children need the daily exercise that walking or cycling to school can offer. Evidence shows that more active children are likely to become more active adults. That means less risk of heart disease and other health problems in later life. For older children, making their own way to school is a chance to learn 'skills for life', becoming more independent and self-confident.

I have got to admit that the school travel plan has made a difference, and it has actually enhanced our work on the Every Child Matters agenda. Young minds are very receptive, and the children can put a lot of pressure on their parents, when it comes to changing habits.

There is no doubt that the introduction of the cycling storage facilities has had a huge impact on the numbers bringing bikes and scooters to school.

Children have really grasped the idea that as they live close to the school, driving is an unhealthy and unnecessary option!

I have already spoken to the children about the good results and will also share with governors and parents.

**Mary Kelliher, Head, St Augustine's Primary, Fulham, June 2007**

## How does a STP work?

A STP can be geared to the needs of a nursery, primary or secondary school, and works by looking in detail at children's needs on the school journey. Parents, governors, teachers and children work together to find the right solutions for their school, involving the local authority and other outside agencies where appropriate.

## Who does the STP?

The school must develop its own STP, but can rely heavily on the borough's School Travel Adviser for all the resources, guidance and assistance (eg survey data entry). Head Teachers usually delegate leadership of the project to a Deputy, or another teacher in the school. **Funding for supply cover is available to cover this.** In some schools parents have taken the lead; governors in others; site managers in others... The process needs the support of the governing body, but can be led by anyone involved in the school, supported by a small steering group – advice on who might comprise this group will be provided.

## When is the right time to do the STP?

All London schools must have a STP in place by 2009. Benefits of starting now include:

- grant money for your school sooner, and access to other benefits
- highway engineering schemes to improve road safety around your school
- free guidance and advice from the borough School Travel Adviser
- a school full of healthier, happier, wider-awake kids!

## How long does it take to develop a STP?

A STP can be comfortably developed over a period of one term. Much of this is in small packets, eg running the surveys, waiting for returns, sending them to STA, waiting for data entry and results. When it comes to writing up the STP, two days should be enough. The reward is typically a £5k grant (eg for primary school with 250 children).

**Is there a more lucrative way to make money for your school? It sure beats cake sales!**

### Money! Money! Money!

- Up to two days @ £180 per day for teaching supply cover or childcare costs, in order to release a teacher, parent or governor to work on developing the STP
- £ thousands STP grant to spend on things like pedestrian shelters and cycle stands
- £ thousands on improving road safety around the school, e.g. lower speed limits, safe crossing points, traffic calming, wider pavements...
- Up to £500 to put towards developing a walking-bus

## Do STPs work?

To date, January 2008, 19 schools (over 4,000 pupils) in this borough have done their annual reviews including full surveys of how their pupils travel to school. Their combined results show that car use is down 23%, walking has risen 2.3%, and cycling is up 72%. Use of public transport has also risen significantly:

mode	baseline survey		most recent survey		% modal shift
car	1062	24.9%	941	19.2%	<b>-22.8%</b>
car lift	115	2.7%	125	2.6%	<b>-5.3%</b>
walk	1963	46.1%	2304	47.1%	<b>2.3%</b>
bike	169	4.0%	334	6.8%	<b>72.2%</b>
bus	688	16.1%	849	17.4%	<b>7.5%</b>
train/tube	264	6.2%	338	6.9%	<b>11.5%</b>
<b>TOTAL</b>	<b>4261</b>		<b>4891</b>		

## OFSTED

STPs will provide useful evidence on the OFSTED Self Evaluation Forms that the school is addressing three of the Every Child Matters criteria: Be Healthy, Stay Safe, Make a Positive Contribution.

<http://www.ofsted.gov.uk/childrenandyoungpeople/>

**Healthy Schools – a School Travel Plan will help your school achieve Healthy School Status!**

<http://www.lhsp.org/> Local Healthy School contact is Jan Goulstone, 020 8753 3611, [jan.goulstone@lbhf.gov.uk](mailto:jan.goulstone@lbhf.gov.uk)

**Gifted and talented – why not task your G&T children with developing the STP?** G&T pupils can lead on the surveys, writing the drafts, developing the action plan... if you want to go down this route, contact the borough's G&T co-ordinator Amanda Bates, 020 8753 3631, [amanda.bates@lbhf.gov.uk](mailto:amanda.bates@lbhf.gov.uk)

## How to get started

Invite Richard Evans, School Travel Advisor, to your school to fully explain the process, answer your questions, and provide a "tool-kit" with all you need to develop your School Travel Plan. **020 8753 3344** [richardm.evans@lbhf.gov.uk](mailto:richardm.evans@lbhf.gov.uk)