



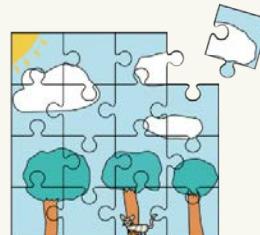
ACTIVE TRAVEL

School Plan



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School Plan

TIPS & IDEAS

Active travel refers to a mode of travel that involves a degree of physical activity. The key focus when developing an Schools Travel Plan (STP) is to assess pupil travel habits, encourage and enable pupils to travel in an active manner more often for everyday journeys, while identifying barriers to active travel in your neighbourhood and putting in place initiatives to help overcome these barriers. Not only has it been proved that increased activity has numerous health benefits, it also help reduce carbon emissions and help work toward reaching net-zero carbon goals.

While we understand that in rural locations, consistent active travel is unrealistic, the aim of an STP is to promote travelling in an active manner for shorter journeys on a more regular basis.

- Become accredited by Cycling Scotland as a Cycling Friendly Primary or Secondary School. Cycling to school brings many positive benefits: keeping children fit and healthy, building their confidence and giving them skills for life.
- Create information posters/leaflets on walking and cycling to get children thinking about alternative, more sustainable transport to school.
- Reinforce the benefits of cycling, walking and scooting to school such as increasing road safety awareness, saving money, arriving to school alert , boosting mental health & wellbeing and reducing pollution.
- Arrange for banners asking parents/ carers etc not to park near the school. These can be attached to the school gates/fence.
- Encourage exploring Lochalsh by foot. Our community has many interesting walks suitable for the whole family.



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TIPS & IDEAS

Top Tips for an Effective Campaign

- Be realistic. Success doesn't have to mean everybody walking and cycling every day, any increase in active travel to school is good.
- Change takes time, especially infrastructure improvements, so plan for the long term. (If you are a parent, try to ensure that there will be others in the school interested in carrying on your work after your children have left).
- What support do you have? Involve as many people as possible.
- Find a helpful contact in your local authority.
- Work with other schools in your area that are on the same journey.
- Be aware of best practice elsewhere – so that you can demonstrate change is possible.
- Use national events like Walk to School Week, Bike Week, Big Pedal (now called Sustrans Big Walk and Wheel) etc as a hook to get people's interest and establish a clear date for starting activity.
- Budget. Do you have the resources you need? Lots of the activities suggested in this Toolkit are free or quite cheap. Find out what resources your local authority has available. It may also be worth considering whether a local business would sponsor some activities.



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School Plan

TIPS & IDEAS

Top tips for drawing up your travel plan

- Think carefully about who needs to be involved in drawing up the plan: staff, pupils, parents, governors, local residents, council officials, transport operators, police?
- Involve people who you need to help make the plan happen, they are far more likely to want to implement it effectively if they had a say in its design.
- Appoint a plan coordinator to bring everybody together and to keep the plan refreshed. They should report to the head and/or the governors.
- Be clear about what you are trying to achieve.
- What evidence do you have to back up your actions?
- List the actions you want to take, who will make them happen and by when they are to be completed.
- Include indicators that can be monitored.
- Keep the plan under review, include a review schedule in the plan.



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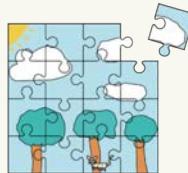
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School Plan

TIPS & IDEAS

Top tips for formatting your travel plan

- **Introduction – What is an STP and why is it required for your school.**
- **Brief description of school – This will include the number of pupils, where the school is located, catchment area and any relevant factors that may be affecting school travel.**
- **Evidence of consultation – This will involve school travel surveys and or questionnaires.**
- **Proposed initiatives with objectives and targets – These could include traffic calming measures, safer crossing facilities, cycle paths and other remedial measures .**
- **Programme for implementation – When will steps be taken by the school and what needs to be undertaken by the local authority.**
- **Plans for monitoring and review – How will the changes be monitored and reported.**



School Plan

Name of school:

Active Travel Champion(s):

Where are we now?

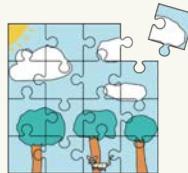
What do we want to change?

Goals for this academic year:



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School Plan

Name of school:

Active Travel Champion(s):

| Actions How to achieve your goals this year? | | Review date | Who is responsible? | Which goal impacted? |
|---|--|-------------|---------------------|----------------------|
| Autumn | | | | |
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| | | | | |
| Spring | | | | |
| | | | | |
| | | | | |
| | | | | |
| Summer | | | | |
| | | | | |
| | | | | |
| | | | | |

Date:

Signed:



School Plan

TIPS & IDEAS

Useful Links

<https://www.livingstreets.org.uk>

https://www.sustrans.org.uk/media/12111/hands-up-scotland-survey-2022_national-summary-report.pdf

https://education.gov.scot/media/yrqbqmkc/srs_stp_teacher_guide.pdf

<https://cycling.scot/mediaLibrary/other/english/2727.pdf>

<https://outdoorlearningdirectory.com/resources/national-study-on-active-travel-to-school-in-scotland/>

<https://www.pathsforall.org.uk/encouraging-active-travel>

https://www.highland.gov.uk/info/20005/roads_and_pavements/87/road_safety/3

https://www.highland.gov.uk/info/20005/roads_and_pavements/87/road_safety/9



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