

Walking to school

Walking is a great way to get to school – it's healthy, free and doesn't create pollution. It also reduces traffic congestion during the 'school run'.

Walking to school also gives older children independence. Once they know their route and can cross roads safely, they can walk by themselves or with friends.

But younger children need to be accompanied by an adult, especially if there are busy roads. If you can't walk your child to school they might be able to join a 'walking bus'. This is when a group of children walk to school with at least two adults. Even if you can walk your child to school, a walking bus enables you to share the responsibility with other parents and frees up a bit of extra time.

If you would like to see a walking bus in your area, talk to other parents and staff at your children's school to see if you could set one up together.