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Travel to Oakridge **Schools Federation**



Benefits of being active on vour journey to school

- Using your bike and scooter instead of the car can save money on fuel, reduce your carbon footprint and improve the air quality at school
- Walking burns as many calories as jogging the same distance. If you walk briskly (about 4mph) you can burn up to 150 calories in 30 minutes, contributing to your child's 90 active minutes per day and one of your five 30 active minutes per week
- Walking, cycling and scooting with your children and other families is a great way to have quality time together and catch up, with the added bonus of getting fit
- Being active on your journey to school helps you to feel better by releasing endorphins in your brain and can help you all to de-stress

Plan your journey

Plan your journey to school and around the local area with our online journey planner. It can help you decide how to travel and tell you how many calories you will burn if you choose to walk or cycle, some or all of that journey.

myjourneyhampshire.com/journeyplanner

to plan your journey.





How to be safer and active on your iourney to Oakridge schools

• Cycle on the recommended cycle routes and park your bike in the racks

This map has been

created to help make

it easier to get to

Oakridge schools by

showing walking,

cycling and park and

stride routes, safe

places to park and

safe places to cross

the road.

- Use local footpaths detailed on the map. Why not use Whiteditch and Upper Sherborne road playgrounds on your way home?
- Cross the road at one of the two School Crossing Patrols on Sherborne Road or Oakridge Road (once up and running)
- Avoid parking in the Community car park and use pedestrian entrances detailed on the map - a new one is coming soon on Sherborne Road but there is already one from Whiteditch Playing Fields available to use when dry
- Consider parking on roads slightly further away from the school entrance and stride the last few minutes to school
- Put a scooter in the boot to speed up the walk and leave it in the scooter pods for use on the way home
- Visit myjourneyhampshire.com/schools for information on safe scooting, keeping your bikes moving and learning how to use them safely



Please don't park:

- On the zig-zag lines, double yellow lines, outside the school gates, on the pavements, across dropped curbs or in the lay-by
- Please be considerate to our neighbours and keep residents' driveways clear
- There must always be enough space for any emergency vehicles to access the school



"We work hard to show people how to come to school without using their cars" Diane Charman, Executive Headteacher



