

Choose how you move



Make the school run

safe and fun!

Find out more about travel across Leicestershire at choosehowyoumove.co.uk

We're encouraging parents and kids to try new ways to get to school! Less traffic on the school run means less car chaos at the school gate – but it can also boost the health of you and your kids.

Here are our tips to enjoying the school run together!



Living Streets

Living Streets is a charity dedicated to getting people walking! Resources have been made for primary schoolkids and their parents to enjoy walking to school and getting active together, like their 14-day walking booklet and the WOW challenge travel tracker. Get planning and download free resources at livingstreets.org.uk/walk-to-school



Provided by Choose How You Move and Leicestershire County Council road safety team



Our furry friend Theo the Fox -helps schools encourage children to get out and about in more active ways. Look out for any events that Theo is attending through the Choose How You Move website and socials.

Walking, wheeling and cycling

Walking to school, riding a scooter, or cycling together – they're all great ways to get your kid into travelling in a healthy way. It's also a chance to meet up with other families, adding a social and mental benefit too!



Get cycle ready

Have you thought about cycling together as a family? The Choose How You Move website has cycle maps covering the county, so you can enjoy what Leicestershire has to offer even before September rolls around. Or, you can use our interactive map to plan your cycle route online.
Cycle maps: choosehowyoumove.co.uk/cycling
Interactive map: leicestershire.activemap.co.uk

Journey Planner

choosehowyoumove.co.uk/journeyplanner is the home of our Journey Planner, an interactive map that gets you from A to B by walking, wheeling, cycling, or using public transport. Type in your starting location and your destination, then choose which mode of transport you want to use, and select which journey you prefer by time, mode or route.

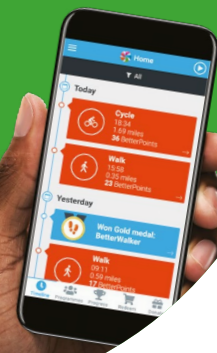
Park and Stride

Park and Stride is a great way for parents and kids to get to school in a healthy, active way, even if you still need to drive to school. Parents can drive to a local public area, like pubs, leisure centres or parks, to then walk with their children for the rest of the journey to school. If you'd like to see a Park and Stride happen for your school, please get in touch at choosehowyoumove@leics.org.uk



BetterPoints

With the BetterPoints app, you can earn BetterPoints every time you travel by walking, cycling, wheeling, or taking public transport. Enter prize draws, see how other people are travelling, and turn your points into high street vouchers, or donate them to charity. Head over to choosehowyoumove.betterpoints.uk for more information, and get started to make your travelling even more rewarding.



Still need to take the car? Here are ways to make your commute better for everyone.

Think! Would a fire engine fit?



Leicestershire Fire and Rescue are asking all parents to park considerably and safely at school drop off and collection. Please ensure larger vehicles such as waste disposal vehicles, utilities vehicles, and emergency vehicles do not struggle to pass through.

Engine idling - keep the air clean!

Remember to switch off car engines when waiting to pick up children during the school run. When cars aren't turned off, particles in their fuel can build up to high concentrations in the air, such as nitrogen dioxide (NO2). This can damage people's lungs or make illnesses worse, and can lead to conditions like asthma.

