

Monday 21st June is

Clean Air Day

Take a breath of fresh air

PROJECT
CENTRE
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Let's get walking and scooting

The current pandemic has been a tough time for everyone, however one of the benefits has been the amount of families who have taken up more exercise.

To avoid congestion and keep up a healthy lifestyle, walking and scooting to school is a great way to start and end the school day.

Starting Out

Teaching your child basic road safety is key to keeping them safe on your journey to and from school. Repeating daily instructions on how to cross the road will eventually sink in and will mould the way they behave when they are older and start to travel independently.



- Plan ahead - Check your route to school and find the safest route for you and your child(ren). There may be short cuts and alleyways that you are unaware of if you normally travel by car.
- If possible find less trafficked routes and look for good crossing places; away from junctions, bends and obstacles that prevent you from having a clear view of the road for some distance.
- Remember, your children are like sponges, observing everything that you do. If you pay more attention to your phone than the road, they will learn that same behaviour. If you disregard safe crossing places and pay little attention to the road, so too will your child.
- Teach them well and show them how to behave around the roads and allow them to develop these essential life skills to keep them safe.

Essential road safety

The Green Cross Code is simple and effective. It can literally save lives. Follow the three rules of the Green Cross Code and it will help you across the road every time.

THINK: Find a safe place to cross

STOP: Behind the kerb

LOOK & LISTEN: All around



Take time to explain to your child why you have chosen a specific place to cross the road. Ask your child to help you decide when it is safe to cross. Always walk across the road.