



Travelling to school

Did you know that in Western Australia, most students travel to school by car even though they live less than two kilometres from their school? There are many physical, social and mental health reasons why children should walk, cycle or use public transport to travel to and from school.

1. **Helps prevent obesity and its subsequent consequences such as heart disease, diabetes, and bone and joint pain.**
2. **Improves learning and boosts academic performance and concentration.**
3. **Helps develop lifelong fitness habits.**
4. **Less traffic congestion around schools which means safety for pedestrians and cyclists increases.**
5. **Helps young people grow into self-reliant, independent adults.**
6. **Stronger sense of community as young people meet their neighbours and other students walking to school.**
7. **Safer streets as more walkers and cyclists can improve personal security by providing more 'eyes on the street'.**
8. **Promotes public transport routes that service the school and local community.**



Tips for parents

Try to nominate at least 2 days a week that are walk, cycle or public transport days.

If you are concerned about your children's safety, set up a walking or riding group where students arrange a meeting time and place, and then continue their journey together.

If you live a long distance from the school, you might like to drive your children halfway and then let them walk the rest of the way.

Tips for travelling to school

For some Year 7 students, travelling to school on their own may be a new experience. Talk with your children about these tips that can help them to manage their own safety and the safety of their friends.

- Plan the safest route for getting to school. Suggest that whenever possible they avoid busy streets and intersections, and cross roads where they can get a clear view of oncoming traffic.
- Always 'stop, look, listen and think' before crossing the road.
- Walk on footpaths if they are available. Walk on the nature strip, if no footpath is available, facing oncoming traffic and walk as far away from the edge of the road as possible.
- Always use pedestrian crossings and cross with traffic signals if they are available.
- Don't step onto a crosswalk until all cars have stopped and try to make eye contact with each driver.
- Don't take the risk of rushing to catch a bus or train.
- Wait until the bus has moved down the road so you can check for traffic before you cross.
- Train tracks are 'no go' zones. Always obey warning signals at level crossings.
- Put your phone in your bag. Talking and texting on mobile phones or listening to music can interfere with you being able to hear traffic.

