

Be active on your journey to school with our WALK ZONE MAP

Harrow Council have produced a fantastic WALK ZONE MAP for our school. This map can be used to plan safe and active journeys to and from school.

Join the thousands of students in Harrow who are choosing to walk, cycle, scoot or use public transport to get to school.

Our Walk Zone Map can be viewed and downloaded by going to <https://www.parkhighstanmore.org.uk/travelplan>. A large polyboard of the map is also available to view in reception showing us how far 5 and 10 minutes' walk is from our school gates. Pop by to see whether you live within the walk zones, or just nearby!

Walking to school is beneficial because:

- It keeps us all fit, healthy and happy
- It helps us practise road safety skills
- It's quicker than finding a parking space
- It's better for the environment and helps keep our air clean
- It helps keep the roads around school free from traffic which is safer for us all!
- It's fun to walk and talk
- Best of all its FREE!

If you live inside the zones, please **walk or cycle** to school.

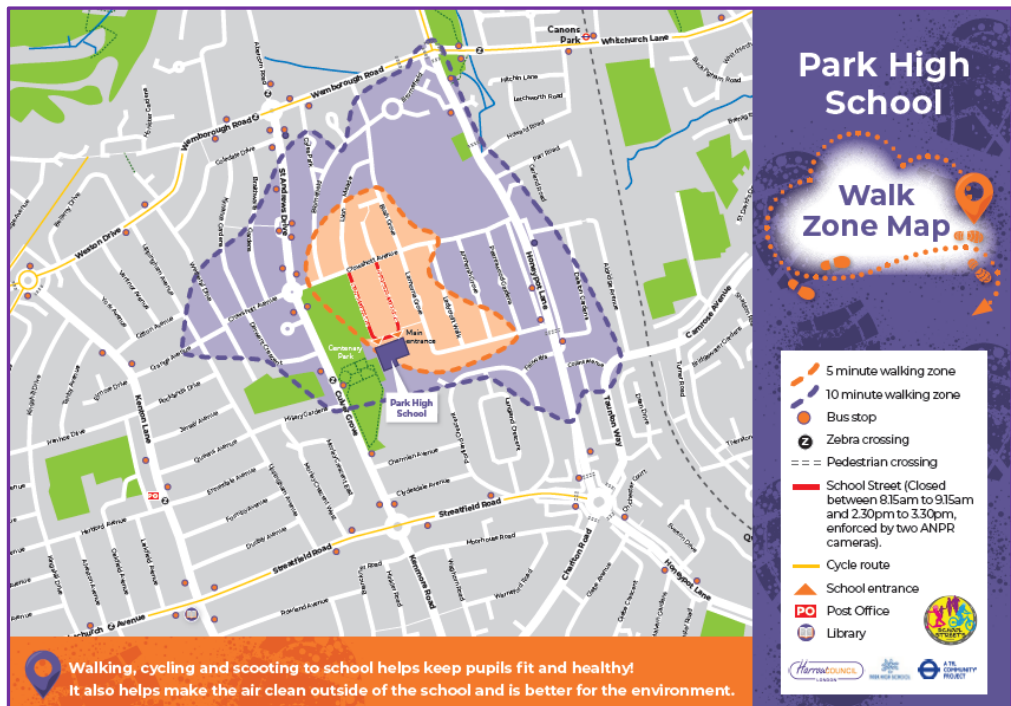
If you live outside the zones and have to drive, please park outside of the zones and walk the last part of the journey with everyone else.

Our map will help you find your route to school.

Car drivers and passengers breathe more pollution than pedestrians or even cyclists!

By walking and cycling more, you are helping to increase the amount of exercise you do, which is great for your health and wellbeing. It is also the easiest way to do your recommended 60 minutes of physical exercise every day and it reduces the levels of pollution we all breathe.

Leaving the car at home 1 day a week reduces the pollution you create by 20% and means you get to walk and talk with your friends 😊



Together we can help improve the air we breathe.