



Why we walk

Healthier BODIES,
Happier MINDS

Fewer CARS at the
SCHOOL GATE

Less air POLLUTION

START benefiting from walking to school TODAY and swap your
school ride for a SCHOOL STRIDE

Eastlands Primary School

Reasons to walk to school & Reducing Air Pollution Information Leaflet

Aims:

- To raise awareness of air pollution in
 - a. pupils,
 - b. parent and
 - c. staff
- To promote walking to school
- To promote using alternative modes of transport
- For every Eastlands family to consider how they can contribute to improving air quality around school grounds.



Eastlands Primary School

Lansdowne Place,

Rugby CV21 3RY

Tel: 01788 575328

Website: www.eastlandsprimaryschool.co.uk

Email: admin2415@welearn365.com



Road safety

The roads around school get busy at start and end of school as you can imagine. There are young children walking, cycling and scooting.



To reduce risk of an accident we ask that parents park away from the school. Please try to walk along Lansdowne Place where there are the most pedestrians, many of which are young children. Thank you.

Further to this we would like to tell you more about Park & Stride idea and car pollution.

Park & Stride

[Park & Stride](#) is when parents and carers who have to drive to or from school are encouraged to park well away from the school gates and walk the last part. Their children can get the benefits of walking some of the way to school and congestion around the school gates is reduced for everyone.

Air pollution

Did you know that air pollution can be 30% higher outside schools because of idling cars? And that 6,500 schools in Britain educating 2.6 million children are in areas where fine particles in the air exceed 'WHO'

recommended limits? Around our school the fumes build up and could trigger an asthma attack. Please see our parking around school letter to find other places to park.

Engine idling

The Royal College of Physicians estimate 40,000 deaths a year in the UK are linked to air pollution, with engine idling contributing to this.

Cutting out engine idling will help for a start - not only will it improve air quality in congested areas but it is also a potentially fine-able offence. So, if you have to park near school please switch off your engine.

What is engine idling?

Idling is the act of leaving a vehicle's engine running while it is stationary.

While this is often the result of traffic, there are some instances, such as waiting for children outside of schools and in traffic jams/long traffic pauses, when idling is not necessary and should be avoided.

Why is idling bad?

Idling increases the amount of exhaust fumes in the air.

These fumes contain a number of harmful gasses including carbon dioxide, which is bad for the environment and contributes towards climate change, as well as a range of other harmful gasses including nitrogen dioxide, carbon monoxide and hydrocarbons which are linked to asthma and other lung diseases.

School Streets

Reminder the School Street Project is beginning Monday 23rd October. You child had a leaflet explaining this three weeks ago.

What can I do to help?

1. Walk to school all or most days
2. Walk, bike or scoot to school (and this will increase your fitness)
3. If you live far away park further away from school (Park & Stride) so fumes don't build up in the area immediately around school.



Thank you.