

www.northbaddesley-jun.hants.sch.uk www.northbaddesley-inf.org.uk

Facebook.com/myjourneyhants

info@myjourneyhampshire.com

www.mylourneyhampshire.com

tound on the My Journey website More travel information can be Keep in touch with My Journey

Travel to

North Baddesley Infant and Junior Schools



This map has been created to help make it easier to get to **North Baddesley** Infant and Junior Schools by showing walking, cycling and park and stride routes, safer places to park and safer places to cross the road.



Benefits of being active on vour journey to school

- Using your bike and scooter instead of the car can save money on fuel, reduce your carbon footprint and improve the air quality at school
- Walking burns as many calories as jogging the same distance. If you walk briskly (about 4mph) you can burn up to 150 calories in 30 minutes, contributing to your child's 90 active minutes per day and one of your five 30 active minutes per week
- Walking, cycling and scooting with your children and other families is a great way to have quality time together and catch up, with the added bonus of getting fit
- Being active on your journey to school helps you to feel better by releasing endorphins in your brain and can help you all to de-stress

Plan your journey

Plan your journey to school and around the local area with our online journey planner. It can help you decide how to travel and tell you how many calories you will burn if you choose to walk or cycle, some or all of that journey.

myjourneyhampshire.com/journeyplanner

to plan your journey.



How to be safer and active on your journey to North Baddesley Infant and Junior Schools

- Consider using the Park and Strides sites and walk the last few minutes to school
- Be considerate on Fleming Avenue, Brownhill Road and
- Be Bright and Be Seen by wearing fluorescent clothing
- Put a scooter in the boot to speed up the walk and leave it in the scooter pods for use on the way home
- Visit myjourneyhampshire.com/schools for information on safer scooting, keeping your bikes moving and learning how to use them safely







If you have to drive to school

Please don't:

• Park on the zig-zag lines, double yellow lines, outside the school gates, on the pavements, or across dropped kerbs

Please do:

- Be considerate to our neighbours and keep residents' driveways clear
- Make sure there is enough space for an emergency vehicle to access the school
- Car share where possible



