

TRAVEL TO

Morecambe Bay Academy



Morecambe Bay Academy encourages students to keep fit and active by walking or cycling to school. The safest cycle route across Morecambe is the beautiful seafront ride across the main promenade.

Further road safety resources are available on www.saferschools.lancsngfl.ac.uk



Designed and produced by Pindar Creative
www.pindarcreative.co.uk

Your School

Your school encourages students to think about using more sustainable ways of travelling to and from school each day.

By walking, cycling and using public transport you can help to keep yourself healthier and fitter, as well as making your journeys to school kinder to the environment.

This will also help to reduce parking issues and help to make the area outside school a safer place to be.

**It takes around
20 minutes
(2,000 steps) to
walk a mile**



Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier. It's suitable for people of all ages and fitness levels so why not encourage your friends to walk with you? Walking to and from school is a great way to start the day and you will have more time to chat with your friends.

20 minutes of exercise each day can make you healthier!

It's easy to fit walking into your daily routine, even if you live more than a mile from school.

Why not try:

- Getting off the bus one or two stops earlier than you need to?
- Getting your parent/carer to park the car a little further away and continue on foot?

Cycling

Riding your bike to school is one of the easiest ways to get some daily exercise. With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

Don't forget to wear a helmet when cycling or scooting.

Bikeability cycle training is available for your school. If you are unsure whether your school is taking part in this please ask at reception. They can contact the Safe and Healthy Travel Team on **01772 537960** or email safetravelteam@lancashire.gov.uk for more details.

**Don't forget you will be seen easier if you wear
bright and/or reflective clothing!**

Parents - How to avoid school run stress

This map will help you plan your route if you want to drop your child a little further away. Not only would it avoid congestion and you could get away quicker, you would be helping your child to be more active on their way to school.

Public Transport

If you take the bus or train when available, instead of the car, you're helping to make it safer around the school gates where parking is restricted.

Travelling on public transport allows students to travel independently and learn key time-management skills.

Using public transport is great for the environment too! Fewer cars on the roads means that there is less pollution and congestion.

**You can probably get
to school more
quickly too!**



**Exercising in the
morning can
help you feel happier
and concentrate
more!**

