

## Road Safety Team Every Step Counts May 2018



A newsletter to encourage families to walk this week and every week.

From 14<sup>th</sup> - 18<sup>th</sup> May, over 1 million children across the UK will be ditching the school run for Walk to School Week. This year's theme is 'Walk Smart!' and encourages healthy and safe travel.

Most of school journeys are less than two miles. At ten to nine in the morning, almost one in five cars on the road are on the school run. There is no doubt that this causes major congestion problems on the routes to school and around school gates.

Walking to school is good for the environment and it eases congestion. On a personal level, there is health, financial and even social benefits to leaving the car at home.

### FOR PARENTS



Parents in Tadcaster said this about their walk to school:  
Healthy and convenient.  
Fresh air and exercise guaranteed everyday.  
I like the social aspect- seeing other parents on the way.  
We chat while we walk.

Do you walk to school with your children?

Could you walk to school with them?

Its fun, it's good for the environment, and cheaper.

Regular exercise such as walking to school contributes to a healthier life style.

If you cannot walk all the way to school, have you thought about walking some of the way or walking once a week?



## For Pupils

Choose the correct words to complete the Green Cross Code:

### The Green Cross Code

1. Think first. Find a safe place to \_ \_ \_ \_ \_ where you can see the traffic clearly in all directions.
2. \_ \_ \_ \_ . Stand on the pavement near the kerb.
3. Use you eyes and ears. \_ \_ \_ \_ and listen for traffic coming.
4. Wait until it's safe. If traffic is coming, let it \_ \_ \_ \_ .
5. Look and listen again. When there is no \_ \_ \_ \_ \_ near, walk straight across the road. Don't run.
6. Keep looking and \_ \_ \_ \_ \_ for traffic while you cross.

**pass look listening stop traffic cross**

Could you make a pledge to try to walk to school everyday this week and to continue to make a difference all year?

Don't worry if you can't walk all the way or even every day try walking some of the way (Park and Stride) or maybe walking once a week.



I pledge to walk to school every day this week



I will walk to school once a week

WOW!!!

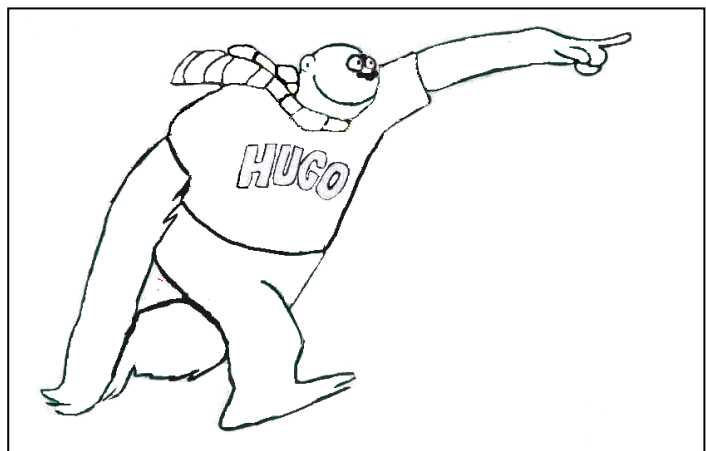
I pledge to.....

What can you do??

### Puzzle time

w	a	l	k	b	v	c	x
e	x	e	r	c	i	s	e
g	b	n	j	k	f	u	n
p	a	v	e	m	e	n	t
a	j	s	h	o	e	s	r
t	k	a	f	e	t	p	o
h	f	f	s	t	e	p	a
a	m	e	c	h	i	l	d

Find the words in the grid  
pavement exercise shoes road feet  
child walk safe step path fun



Draw yourself next to Hugo and colour the picture.