

Welcome to the ...



ABBAY PRIMARY SCHOOL

Our school has recently developed a Five Minute Walk Zone to encourage parents and children to change their habits and park away from the school gates and walk to school.

As you walk or drive around the local area you will see when you have entered the walk zone as reminder stickers have been attached to lamp posts showing where the walk zone begins.

We know that lots of parents waste valuable time in the morning trying to find somewhere to park the car – by parking outside the walk zone they can spend this time walking to school instead.

Not only does our walk zone keep the area around our school safe for children it also helps us to develop better relationships with our neighbours and benefits the whole community.

How a five minute walk can improve your health

- ❖ As adults we need to be active for at least 30 minutes 5 times a week – a 5 minute walk twice a day helps towards achieving this goal
- ❖ It helps to burn off energy and prevent excess fat being stored
- ❖ It helps beat stress by making you feel good and more relaxed.
- ❖ It's good for building bones and muscles in children
- ❖ It's good for the environment and can help reduce pollutants in the air that cause Asthma

Travelling to Abbey Primary School



If you live inside the **Five Minute Walk Zone** you can walk, scoot or cycle to and from school every day. Even if you need the car to drive to work it may be quicker to leave it on the drive while you do the school run.

If you live outside the Zone, try walking or cycling it could be quicker than you think!

If you have to travel by car to school, try and park outside the Zone and walk to school.

The lamp post stickers will remind you where to park.



Walking:
Increases your **Fitness**, allows you to spend time with your **Family**, is great **Fun**, helps develop **Friendships** and saves our planet for the **Future!**



Children whose parents travel by car and park outside the **Five Minute Walk Zone** can record **Park and Stride** when completing **WOW!!**

A*STARS sheriffs at this school have helped to develop this scheme by walking the routes to prove that they only take five minutes!!