



Empowering &
Preparing for
Success in a changing world.

Eastlands Primary School

Walk to school Week

Reasons to walk to school

Aims:

- To raise awareness of air pollution in
 - a. pupils,
 - b. parents 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.

Walk to School Week Reminder

This week is being held during our sports week 26th - 30th June.

Road safety

The roads around school get busy at the 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, most of which are young children. 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. Congestion and fumes around the school gates are reduced for everyone.

[Alternatively, you can park in Whinfield Car Park on Butlin Road, and walk through Whinfield Park to the back gate of the school](#)

[Or you can park in the GEC Car Park on Lower Hillmorton Road and walk along the new cut-through path by the allotments to school.](#)

Air Quality

Air pollution is real and harms the health of millions worldwide. Poor air quality causes heart and lung diseases, is linked to low birth weight and children's lung development and may even contribute to mental health issues.

But there are lots of simple things we can do to improve air quality and look after our health. The focus is on protecting our children's health. Read on to find out more about air pollution (including some of the easy things we can all do to tackle it), share information with friends and colleagues, and help us to make the air cleaner and healthier 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.



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 fineable offence. So, if you have to park near school please switch off your engine.

Anti-idling

One minute of car idling produces enough toxic emissions to fill 60 people's lungs – switching off engines when parked is a simple way we can help to clean the air we breathe.

Anti-idling events are a great way to engage with drivers, educate them about the impact of idling on local air quality, and encourage them to switch off their engines. Research has shown that idling events can decrease local air pollution levels in that particular area.

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.

So, what can you do to help?

1. Walk to school all or most days – **June 15th is Clean Air Day**
2. **26th June is Walk to School week**
3. Use quieter streets if possible when you are on your bike or on foot to reduce the pollution you are exposed to.
4. Walk, bike or scoot to school (and this will increase your fitness)
5. If you live far away, park further away from school (Park & Stride) so fumes don't build up in the area immediately around school.
6. If you drive - don't idle – turn off your engine when your vehicle is stationary.

Thank you



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