

## Cars

- We **do not** encourage travel to school by car.
- If you **MUST** come to school by car, please consider carefully where you park—pupils' safety must take priority over convenience.
- Suitable parking locations are shown on the map. Please avoid parking on Sixth Street, especially on the yellow zig-zags and green crossing strips.
- If you need to park please park with consideration to our neighbours in surrounding streets—avoiding driveways and pupil crossing points.

Leave the car behind and get walking, cycling and scooting instead!

Remember to use School Crossing Patrollers and zebra crossings where available

# NEWTONGRANGE PRIMARY SCHOOL

We like to promote active travel (walking, cycling or travelling by scooter) to school whenever possible. This leaflet includes a map showing how long it takes to walk or cycle to Newtongrange Primary School from different areas within the catchment.

## Walking

- Walking is a great way to get to school. You'll be surprised how far a 10 minute walk can take you within **Newtongrange**.
- A 20 minute walk is a third of your recommended daily amount of exercise—walk to and from school and most of your daily exercise is covered!
- Every time you exercise you boost your immune system, helping you reduce the risk of heart disease, obesity, stroke, diabetes and other illnesses.
- Walking can also reduce stress levels, increase energy levels and improve sleep patterns for pupils and adults!

## Cycling or scooting

- Riding your bike or scooter to school is one of the easiest ways to include exercise into your daily routine.
- They improve your mood, lower stress and increase concentration.
- We have lots of secure cycle storage available to park your bike and your scooter too.
- Ensure your bike is roadworthy and that you use the safest route.
- A helmet and high visibility clothing is advisable, especially during winter months. Be aware of vehicles and pedestrians.

Have a look at the map overleaf and see how far from school you are.