

The school run quiz

Let's work together to create a safer environment outside our schools by reducing car traffic and encouraging walking, wheeling, cycling or scooting. Take our school run quiz to discover the benefits of active and sustainable travel.

Q1: In England, as many as 1 in 4 cars on the road at morning peak time are taking children to school.

True or False?

Q2: According to Living Streets' parent survey, what came out as the 'most annoying thing' on the school run?

- A** Too much traffic
- B** Cars parking on pavements
- C** Too many cars around the school gates
- D** Bad weather

Q3: Which of the following are traffic violations?

- A** Waiting on School Keep Clear zig-zag lines
- B** Waiting on double yellow lines during time of operation
- C** Obstruction of pedestrian access points with dropped kerbs
- D** All of the above

Q4: Park and Stride involves parking away from school and walking the last 10 minutes. What are the benefits at the school gates?

- A** Reduced vehicle congestion
- B** Reduced air pollution
- C** Reduced road danger
- D** All of the above

Q5: What did Hampshire pupils say was their most preferred mode to travel to school?

- A** Car
- B** Scoot
- C** Walk
- D** Cycle

Q6: On average, who breathes the cleanest air whilst making their journey?

- A** Cyclists
- B** Pedestrians
- C** Drivers
- D** Bus passengers

Q7: Walking, wheeling, cycling or scooting to school is good physical activity. How much physical activity should children aged 5 - 18 have every day?

- A** 5 min
- B** 15 min
- C** 30 min
- D** 60 min

Q8: 74% of adults in England believe we should reduce motor vehicle use to improve health. How many minutes a week should adults be active to stay healthy?

- A** 200 min
- B** 150 min
- C** 500 min
- D** 60 min

Q9: How does walking, wheeling, cycling or scooting to school help our mental health?

- A** Improves our mood
- B** Helps with alertness and concentration
- C** Gives time to bond with family and friends
- D** All of the above

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Answers

Q1: True

According to data from Sustrans, around one in four cars on the road during the morning peak are involved in the school run. This highlights the significant impact that school journeys have on morning traffic. Source: <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/walking-or-wheeling-the-school-run/>

Q2: C

Living Streets did a 'Top 10 of the most annoying things about the school run survey'. 54% of parents described 'too many cars around school gates' as the most annoying thing about the school run, followed by cars parking on the pavements (50%); and too much traffic on the journey (45%); and bad weather (41%). Source: Living Streets blog on YouGov 2018 survey

Q3: D

These are all traffic violations, as detailed in the Highway Code. Penalty Charge notices can be issued to drivers for these infringements. These infringements are also hugely inconvenient for other road users. Source: <https://www.gov.uk/guidance/the-highway-code/waiting-and-parking-238-to-252>

Q4: D

A lot of schools in Hampshire have local Park & Strides. These may be at a local shop, church, pub or park car park, where consent has been given. Contact your school to find out if they have one in place, or you could help establish one. See our Park & Stride toolkit for more details - <https://myjourneyhampshire.com/media/1298/park-and-stride-toolkit.pdf>

Q5: C

Out of 29,316 pupils who participated in Hands Up survey in their STARS accredited school in 2021/2022 30% preferred to walk to school, 22% to cycle and 16% to Park and Stride. Further 11% wanted to scoot and only 14% wanted to travel by car. Source: Modeshift STARS Hand's up for 2021/2022 Hampshire STARS schools. Source: Modeshift STARS, Hampshire County Council

Q6: A

Cyclists breathe the cleanest air. Surprisingly, car drivers are exposed to twice the pollution of pedestrians and nine times that of cyclists. Concentrated exhaust fumes from other vehicles enter cars from both front and behind and then do not disperse. In an experiment, the cyclist's journey was not only the fastest but also exposed them to significantly lower pollution levels, as fumes dispersed while riding. Source: Personal Exposure and Air Quality in the Northbank, Kings College, London

Q7: D

60 minutes. Walking or cycling to and from school or college helps children and young people to get the exercise they need to stay healthy. Source: NHS, Physical activity guidelines for children and young people - NHS (www.nhs.uk)

Q8: B

NHS recommends at least 150 minutes of moderate intensity activity a week for adults aged 19 to 64. Source: www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/

Q9: D

There have been numerous studies demonstrating the benefits of walking to mental health. Source: [ls_school_run_report_web.pdf](https://www.livingstreets.org.uk/ls_school_run_report_web.pdf) (livingstreets.org.uk)

My Journey, a project funded by the Department for Transport, aims to encourage alternatives to car travel in and around your local area. If you are concerned about the journey to your school, could you help your school to encourage good behaviours? Contact travelplans@hants.gov.uk.