

Transition time moving to year 7

Starting Year 7 (Secondary School, Key Stage 3)

Starting a new school is a big step for parents as well as children.

Did you know that 1 in 5 cars on the road during morning rush hour is on the school run?

Not only are you embarking on your first taste of secondary education, but you are also going to a new location which involves an often unfamiliar and longer journey. This leaflet is designed to lead you through the process of planning your new journey to school and, as much as possible, keeping it active, safe and sustainable.

You can make a difference!

Too many cars around schools during drop-off and pick-up times create congestion, pollution and road safety issues. **Your own travel choices directly affect this situation** and we would encourage you to think carefully about how you plan to travel to your new school and try to make a difference from the start.



The [My Journey Travel Planning team](#) at Southampton City Council (SCC) are here to support you, as well as to encourage you to travel actively to school whenever possible. Active travel is not only good for the environment, but it is also vital for your physical and mental health and wellbeing. There's lots of information and ideas on the following pages to support you in making your travel choices, or you can visit the [My Journey Transition Time](#) and [My Journey parent pages](#).

Getting to know the basics

Once you have your school place confirmed, visit the school's website and read through any materials provided there, including their prospectus and travel policies, to find out key information such as:

- School start and finish times
- Breakfast and after school club timings and availability
- Travel to school policies / webpage
- Pedestrian entrances
- Cycle storage

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Have you considered...?

When starting to think about your new journey, consider the following questions as they will help you to work out the best solution for you as everyone's situation is different:

- **Journey times** tend to be longer to secondary schools – is the route walkable or might it be better to cycle or get the bus or train?
- Secondary school tends to start earlier – **what time** will you need to leave home to arrive on time? Do not forget to factor in how long it takes to walk to and from the bus stop or train station too.
- Are the footpaths **easy to follow** and are they **well lit**? Do not forget it gets darker in the winter months.
- Is this a route that you have walked or cycled before? If not, why not **practise** it over the summer holidays?
- Could you walk to school with a friend so that you have someone to chat to on the way?
- If you do not know anyone going your way, could you use a route tracking app such as [Route Guard](#) on your phone so your parents are happy they know where you are?

1. Mapping investigation

Look up your new school on a local map or on a computer using the [tool](#) (uses Google Maps) or [CleanAirMap](#). How far away is it? Is there a quieter route there, away from traffic and with safe crossing points? You may be offered alternative routes and the quickest route may not always be the best route in terms of traffic, pollution, safety and enjoyability.

The Southampton Airmap allows you to plan a cleaner air, greener and more tranquil walking or cycling route within the city which would help to reduce your exposure to air pollution and help to improve your health and wellbeing.

Use the yellow man icon on **Google Maps** to browse street view images, especially if you do not know your route well, as you can spot any hazards before you try out your route for real.

Both packages enable you to choose your form of transport, including walking, cycling, bus and train so you can compare timings and suitable routes.

For travel by bus or train, Check out the routes, timetables and bus stops/stations carefully, and what time(s) the service is scheduled to depart each way.

2. Map making

Once you have decided the best options for your new route to school, you could either save a map of your route on your computer or cutting and pasting it from **OpenStreetMap** for example, or you could draw your own map on a piece of paper or card. If you wanted to create your own **Just the Journey** map (there's a list of the ones we've made [here](#)) please use this link and then drop your map into the white box as below:

As if looking from above (bird's eye or plan view), mark on your house and your new school, and then draw the roads or footpaths you need to use in between the two. Can you add a key with some icons to note anything exciting to be found on the route such as a friend's house or a park? What about any hazards to avoid like a busy road or narrow pavement? The more detail you add, the better your map will be. There are lots of ideas to enhance your map, including compass directions, symbols and coordinates, on the [Teaching Ideas](#) website.



Other Transition Booklets

Living Streets, our walking partner, have some great resources to encourage [walking to secondary school](#).

Information on safe, active travel

Walk, bus, train or cycle? We have lots of information to support all forms of travel on the My Journey website. Don't forget to check out our [cycling skills](#) page to keep you safe and your bikes road worthy. There are lots of Air Quality resources available to download and there's an air pollution quiz suitable for the whole family to try out too.

Cycling to school - Before you can even think about getting out there and giving it a go, you need to make sure your bike is in good working order and safe to ride. The 'M check' is an easy and effective way of making sure all the major parts of your bike are working as they should. Below are the areas to focus on. You can also watch this useful video on how to perform the '[M check](#)'.

It's important to make sure your bike is fitted with working lights and reflectors to make sure you can see and be seen. When cycling in the dark, you are required by law to have a white light on the front and a red light on the rear. These can clip onto your bike, backpack or your clothes.

Walking for your wellbeing's never been such fun

See our [wellbeing pages](#) for the latest ideas on keeping active and healthy, in body and mind. We have lots of ideas to make your time outside more interesting and fun such as our [Spring into Action](#) toolkit.

Have to drive? Drop off and stride!

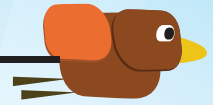
We would encourage you to travel actively to school - on your feet or a bicycle - as often as possible. If it is raining, be ready with a waterproof coat or umbrella. However, we do understand that, for some families, logistics mean that at least some of the journey needs to be completed by car. If this is the case for your family, please consider trying out **Drop off and Stride**: Find a suitable, safe drop off point from where you can walk the last 5-10 minutes. This could be a local supermarket or pub car park (with their prior agreement), a recreation ground, park or an area with plenty of legal on-street parking. This will really help – it makes a fantastically sociable start to the day as well as decreasing the level of traffic and pollution at the school gates.

Parents: Please **Parkwise** and always be respectful of local residents. Some schools have their own Park and Stride maps highlighting local car parking areas where they have agreements in place so do ask about this.

Parking enforcement - Southampton City Council has a responsibility for the enforcement of certain on-street parking restrictions. Parking on zigzags, yellow lines or obstructing driveways can result in a penalty charge notice being issued. The Police may issue penalty points to your driving licence for other traffic offences. A camera car enforcement vehicle is now in operation, along with officers of foot, to tackle illegal parking on zig zags at Southampton schools.



Further road safety information:



HCC's Road Safety Team have a great campaign called **Street Sense** which is aimed at highlighting the dangers of being distracted at the roadside.

Living Streets, [walking to secondary school](#)

Sustrans have some [great tips](#) on walking, as well as cycling, with young children as well as specific information on an [active school run](#). They also have a really [interesting blog](#) on the benefits of cycling for children and families.

Ready Set Ride has a [great website](#) (and app) to support parents in teaching their children to ride a bike

The Department of Transport's [Think!](#) website has some excellent resources for 7-12 year-olds including activities around road safety and independence as a pedestrian.

Road safety charity **Brake** has [free Zebras road safety resources](#) as well as 'Beep! Beep! Days' and lots of advice for parents

If you have any railway lines to cross on the way to school, you may be interested in these primary safety [resources](#) from **Network Rail**

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