

2025/26



How could you travel to school?



A practical guide for Southampton parents and carers about safer, active and sustainable travel to school.



myjourneysouthampton.com

Your child is starting a new school and your family's routine will change too.

So now is the perfect time to look at how your child will travel to school. The school run is a great opportunity to start your family's day in a positive and energised way.

By leaving the car at home or parking a short distance away from the school gate and walking the last 5-10 minutes to school, you will help to reduce congestion, improve local air quality and make the school run safer. Your child will also be healthier, happier and more ready to learn.

This booklet shows you how you can make small and easy changes to your journey to school that can make a big difference.

Who are we?

We are the School Travel Planning Team and we work with school communities to develop travel plans that will promote safer, active and sustainable travel to school, with the support of key stakeholders including local residents. The aim is to reduce the number of children being driven to and from school, to give you and your child the opportunity to exercise, reduce traffic and congestion around the school and improve air quality and the environment for the local community.





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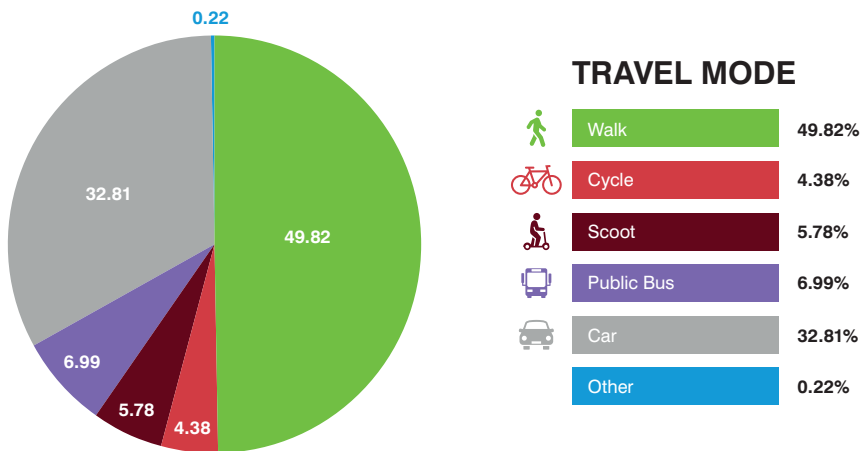
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How do we currently travel to school?

There are over 70 schools in Southampton alone. The chart below gives a snapshot of how children have travelled to school.

2024/2025 Travel to school stats



How we can all increase active and sustainable travel on the school run

- We can change our own travel behaviour, thereby supporting the health and wellbeing of our families and school communities.
- Schools can include active travel in their school curriculum and ethos.
- We can work together to develop transport schemes that remove barriers to active travel.

Education,
My Journey Southampton

Top active travel tips

- Plan your route together in advance, finding quieter roads and paths wherever possible. For route inspiration, download our walking app in partnership with Go Jauntly. Go to gojauntly.com/southampton to browse local walks or why not take one of our many walking challenges. The app is free to download nationally for both iPhone and Android users.
- Ensure your child knows how to deal with busy junctions and roads, signalised or zebra crossings and, where available, cross with the local School Crossing Patrol Officer.
- If you live too far away, try Park and Stride or Scoot from the Boot.
- Encourage your school to become a WOW school - the year round walk to school challenge.
- If it's safe to do so, drop your child off at a friend's house close to school so they can walk, cycle or scoot together.
- When your child is old enough and more independent, consider parking away from the school and allowing your child to travel in alone or with a friend.
- Ask your school what road safety training they are providing to ensure your child has the skills they need.
- Encourage your school to sign up to STARS (Sustainable Travel Accreditation and Recognition for Schools) to find out what more the school community can do to promote active travel.
www.modeshiftstars.org/education/

Travelling actively to school will help to ensure that you and your children breathe cleaner air.



Walking to school

Most families live within 1.5 miles of their school and yet one in five cars during the morning peak time are on the school run.

Walking is an easy way for children to get to school whilst also supporting their health and wellbeing and helping them to get focused and ready to learn at the start of the day. It is also a perfect opportunity for children to learn about their local area, develop wider social networks and gain some independence. Your school community will also benefit from cleaner air and safer local roads.



To increase levels of walking, the Travel Planning Team work with schools and our partner, national walking charity Living Streets, to encourage schools and their communities to leave the car at home when they can.

"We are Living Streets, the UK charity for everyday walking. We want to create a walking nation where people of all generations enjoy the benefits that this simple act brings, on streets fit for walking."

5 good reasons to walk to school

1. Chance to be mindful

2. Boost brain power

3. Become street savvy

4. Breathe cleaner air

5. Kick start a healthy lifestyle

Research has shown that people who walk, scoot and cycle may breathe cleaner air than those who travel in a car. Choose routes to school away from busy roads if possible and encourage your children to walk away from the kerb where the air will be cleaner.



Cycling to school

We work with schools to provide children with cycle skills and to teach them about road safety so they will be more able to enjoy the freedom of cycling. Once your child is confident on their bike, getting them used to cycling on the roads will develop them in many ways. Not only will they gain a sense of independence and life skills, but they'll also improve their health and wellbeing.

To support schools and families to promote cycling through activities such as:

- Bikeability training
- Dr Bike
- Maintenance workshops
- Curriculum activities
- Big Walk and Wheel Challenge
- Ditch the Stabilisers

To help your child to cycle, a number of online short clips are available to assist with things like the 'm-check' and ditching the stabilisers.

Active travel to school information for parents, [My Journey Southampton](#)



Scooting to school

Scooting is a great way for young children to find their balance and enjoy being active. It can also help if you live far from the school as you can put your scooter in the boot of your car, park safely 5-10 minutes away from school, and then scoot in. Parents can even scoot too! This avoids unnecessary congestion and danger to children and families around the school gate.

Top tips for scooting

- Pedestrians have priority on the pavement.
.....
- Be aware of other people using the pavement and be polite and considerate to them.
.....
- Take extra care when crossing vehicle entrance/exit points e.g. driveways, and remember that the person there first (car driver, cyclist, pedestrian etc.) has priority.
.....
- Keep away from the kerb.
.....
- Look all around before you start moving, stop moving or change direction, and look where you are going.
.....
- Walk with your scooter when crossing the road, in crowded areas or other busy areas e.g. the school playground.
.....
- Carry things in a rucksack, not balanced on the handlebars.
.....
- The Highway Code tells us that the speed limit on pavements is 4mph.
.....
- Consider wearing a helmet and fluorescent clothing to ensure you can be seen.
.....

**Scooting for primary schools,
My Journey Southampton**



Air Quality

Air pollution is a common problem in cities, and is mainly caused by road traffic. The main pollutants are a gas called nitrogen dioxide and tiny bits of soot called particulates. Both are invisible but can cause a range of different health problems. Children are particularly at risk from pollution because their lungs are growing.

The School Travel Team visits schools with an interactive air quality exhibit which helps children understand the link between how we travel and the quality of the air that we breathe. Has your school received a visit?

A permanent version of the exhibit is displayed at Winchester Science Centre. Why not go along and see?

**Southampton Schools Clean Air Project,
My Journey Southampton**



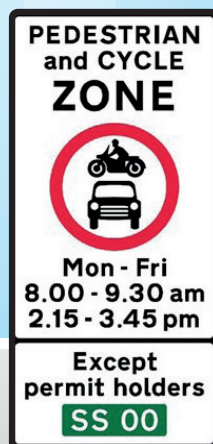
School Streets

A School Street is where a road with a school temporarily closes to motor vehicles to become a pedestrian and cycle zone during drop-off and pick-up times.

By making a safer, cleaner environment, a School Street Scheme increases the likelihood that children will walk, scoot or cycle to school.

School Street Schemes have run at 19 Southampton Schools.

**If you are driving and see this sign,
you must not drive into this road.
School Streets are there for the safety
of the school's children and parents/carer.
You risk being fined by contravening
the School Street restriction**



Road Safety training and skills

Bikeability

Bikeability training is cycling proficiency for the 21st Century. Southampton City Council provides pupils with the opportunity to undertake Bikeability Level 1 & 2 (in Year 5) and Level 3 from Year 6 (Level 2 course must have been undertaken).

About Cycle Training



Junior Road Safety Officers

The Junior Travel Ambassador scheme involves one Year Five and one Year Six pupil becoming Junior Travel Ambassadors. They teach peers about road safety through assemblies, having their own notice board and running competitions.



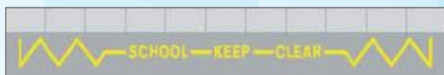
Scooter training

Scooting is a fun and safe way to get to school as long as children are aware of a few basic road safety rules. Scooter training improves scooting skills, confidence and awareness of other pavement users.

Driving to school

For the safety of all children and the local community drivers have a responsibility to park safely, legally and responsibly.

School Keep Clear Zigzags



School zigzag markings are there to ensure clear sight lines for all road users, outside of schools. They create a clear and safer area to cross. There is a 'No Stopping' order placed on many zigzags. The time period which applies may vary depending on the location, but will be displayed on nearby signs. If drivers stop or park on the markings during these times, they are likely to receive a Penalty Charge Notice (PCN) of £70.

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 also issue penalty points to your driving licence for other traffic offences. A camera car enforcement vehicle is now in operation, along with officers on foot, to tackle illegal parking on zig zags at Southampton schools.



To get in touch with your local Parking Enforcement team, please contact Southampton City Council. To contact the Police about a parking issue, either dial 101 or go online at www.police.uk

School zones

We remind all drivers to slow down on the approaches to schools and look out vigilantly for small children. It can be difficult to see them, particularly when they are trying to cross the road between parked cars. Additionally, when a School Crossing Patrol Officer steps into the road, be aware that 'Stop means Stop! at the Lollipop'. At school drop off and pick up times drivers can help reduce congestion around the school gates by Parking and Striding from somewhere a few minutes' walk away. Please be courteous to local residents and avoid blocking vehicle access points, including driveways and dropped kerbs.

Engines off so we don't cough

We also remind drivers to switch off their engines when stationary. Idling engines produce nearly twice as much pollution as a moving car and pollute the air unnecessarily.

Child car seat restraints

If you are driving your child and others to school, it is important that you understand the law on child seatbelts.

	Front seat	Rear seat	Responsibility
Driver	Seat belt MUST be worn if available.		Driver
Children under 3 years old	Correct child restraint MUST be used.	Correct child restraint MUST be used. If you are travelling in a taxi and one is not available, then the child may travel unrestrained in the rear.	Driver
Children aged 3 and above, until they reach EITHER their 12th birthday or 135cm in height	Correct child restraint MUST be used.	Where seat belts fitted, correct child restraint MUST be used. MUST use adult belt if the correct child restraint is not available in three scenarios: • In a licensed taxi or private hire vehicle • For a short distance for a reason of unexpected necessity • Two occupied child restraints prevent fitting of a third In addition, a child of 3 and over may travel unrestrained in the rear seat of a vehicle if seat belts are not available.	Driver
Child over 135cm or 12-13 years old	Seat belt MUST be worn if available.	Seat belt MUST be worn if available.	Driver
Adult passengers (i.e. 14 years and over)	Seat belt MUST be worn if available.	Seat belt MUST be worn if available.	Passenger

Useful contacts at Southampton City Council

School Travel Planning Team

- Air Quality - monitoring and workshops
- Junior Road Safety Officer Scheme (JRSO)
- Park and Stride
- Parkwise Parking Promise
- School Travel Plans
- Clean Air Challenge
- Scooter Training
- STARS accreditation
- Travel Tracker WOW Scheme
- Walk to School Month
- Active Travel assemblies and workshops
- Big Walk and Wheel
- Bike Dr.
- Bike maintenance sessions
- Classroom activities
- Cycle and scooter training
- Ditch the Stabilisers
- Led Rides
- School Streets!

E: rachel.oliver@southampton.gov.uk

E: bikeability@southampton.gov.uk

E: school.streets@southampton.gov.uk

Download the Breeze app here



Useful websites

Department for Transport [think.gov.uk](https://www.think.gov.uk)

Brake, road safety charity [brake.org.uk](https://www.brake.org.uk)

RoSPA, car seat information [childcarseats.org.uk](https://www.childcarseats.org.uk)

Bikeability [bikeability.org.uk](https://www.bikeability.org.uk)

Living Streets [livingstreets.org.uk/what-we-do/walk-to-school](https://www.livingstreets.org.uk/what-we-do/walk-to-school)

My Journey cycle courses [myjourneysouthampton.com/cycle](https://www.myjourneysouthampton.com/cycle)

Sustrans www.sustrans.org.uk/for-professionals/education/

Visit [myjourneysouthampton.com/transition](https://www.myjourneysouthampton.com/transition) for more fun ideas to help plan your new journey to school

Breeze App www.breezeuk.app/

Journey Planner

Our online journey planner can help you make smarter travel choices by planning your journey for you.

It recognises Southampton place names like schools, so you don't have to remember the postcode. It can help you plan a safer route and find out which buses go near each school. If your child already attends school and you want to try a different way to get to school, it will show you a number of route options including directions and how long it will take to get there if you choose to walk or cycle.



Visit

[myjourneysouthampton.com](https://www.myjourneysouthampton.com)

