

Return to School Travel Bulletin #5

3rd December 2020

Southend-on-Sea Borough Council wants to ensure that children and young people can travel to school and college safely and reliably this Term. We are working closely with schools, colleges and local public transport operators to monitor the operational effectiveness as students start to return to education.

To help manage travel demand during the first term, we have developed advice for schools and colleges in the form of a travel pack which provides key travel information.

In this regular bulletin we aim to keep you updated with what's happening across the transport network.

This bulletin includes top tips for keeping safe on dedicated school transport and ideas to make you more visible when travelling to school in the winter months. Maintaining our health and wellbeing has never been so important, the main benefits of leaving the car at home and instead walking and cycling to school are included at the end of this bulletin.

Top Tips for Keeping Safe on Dedicated School Transport



Carry hand sanitiser with you and use it before and after your journey.



Whilst face coverings are not mandatory on dedicated school services, we would encourage you to wear one to keep others around you safe.



[As per government guidelines](#), there is no requirement for social distancing on dedicated school services, but it is recommended that you **stay with your**

year group.

Be Bright, Be Seen

Whilst visibility is a key issue all year round, winter brings darker nights and poor weather conditions, making it particularly difficult for motorists to see children who are walking or are on their bikes. Drivers should be especially careful around schools and mindful of their speed when visibility is poor, but there are things you can do to help keep you safe on the journey to school:

- During the day, **bright** and **fluorescent** clothing can help you to be seen.
- At twilight and night time, **reflective clothing or tape** that is picked up in car's headlights is best for motorists to see you.
- It is against the law to cycle at night without a **white front light**, a **red back light** and a **red reflector at the back**.
- Always choose **routes** and **cross** at places that are **well-lit**.
- Where possible, **cross the road at a pedestrian or cycle crossing**

Why walk or cycle to school?

Below are some key benefits in ditching the car and getting on your bike or walking the school run:



Step it out to meet your daily physical activity needs: According to government guidelines, children and young people aged 5 to 18 need at least 60 minutes of physical activity every day. If you need to drive, why not try 'Park and Stride', whereby you park away from the school gates and walk the last part of the journey to school? Every step counts!



Give your mental health and wellbeing a boost: Physical activity can increase mental alertness, energy, positive mood and self-esteem. Teachers find that pupils who walk, cycle or scoot arrive at school are more likely to be relaxed, alert and ready to start the day.



Do your bit to ease congestion outside the school gate: Leaving the car at home means you'll take the hassle out of parking and reduce your carbon footprint. You'll do your bit to reduce air pollution and address the climate crisis.



Save money on petrol: Walking or cycling to school will save a small fortune on petrol costs!