

Return to School Travel Bulletin #6

4th March 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.

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

As students return to school in March, this bulletin includes top tips for keeping safe on dedicated school transport, benefits of walking and cycling and public transport information.

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**.

Why walk or cycle to school?

Don't return to old habits! Leave space on the transport network for those that need it most whilst improving your health. Leave the car at home and walk, wheel or cycle where you can. Below are some key benefits in ditching the car and getting on your bike, scooter or walking to school:



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!

Travelling by public transport?

If you normally travel to school by public transport, remember capacity is reduced on normal buses due to social distancing. Please use the dedicated school buses if you can.

There have been some timetable changes so keep up to date with the latest public transport information:

www.firstgroup.com/essex

www.arrivabus.co.uk/herts-and-essex/bus-travel-in-southend-on-sea

www.c2c-online.co.uk/

www.greateranglia.co.uk