

## Everyone Active Every Day

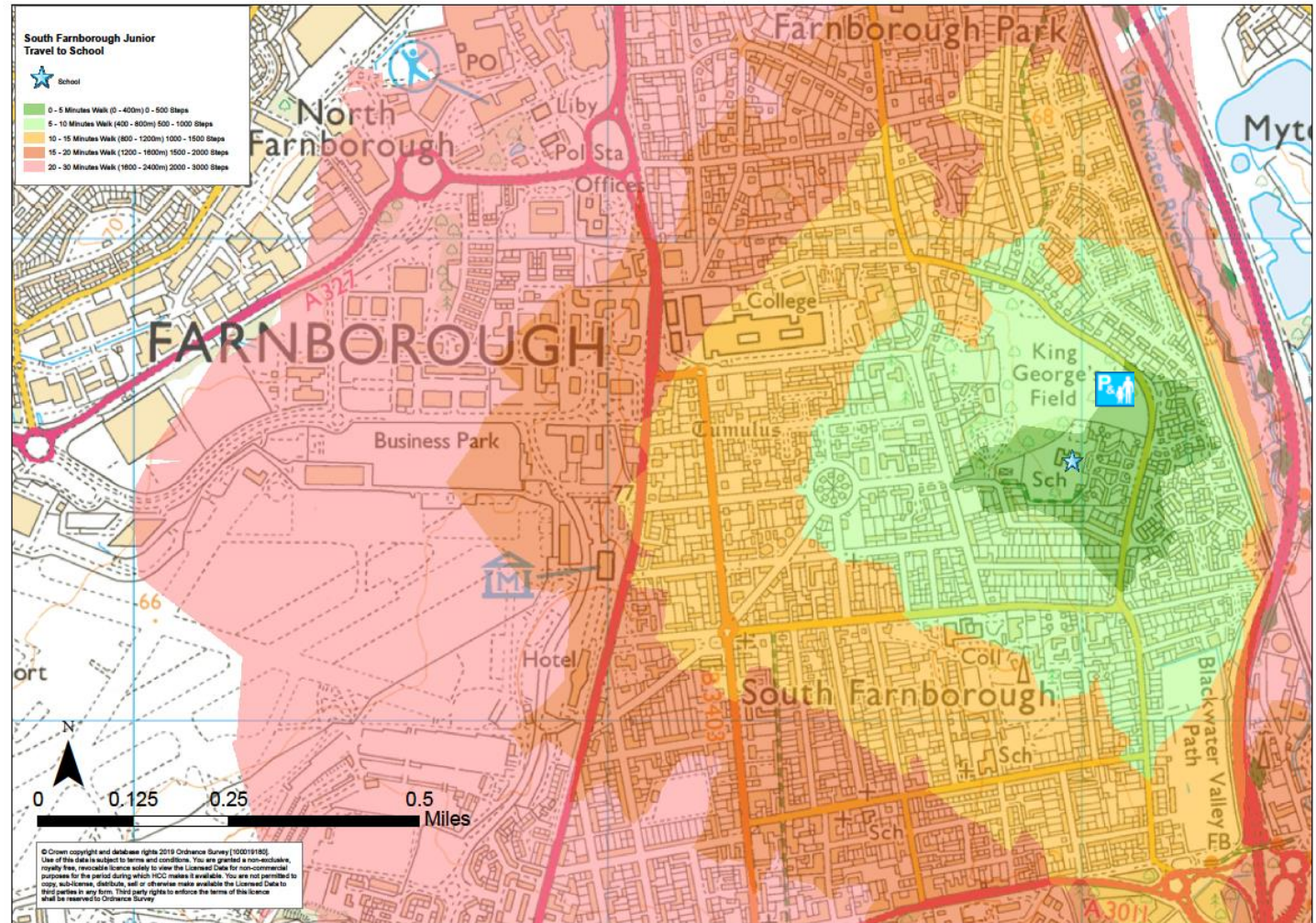
If you live within the green or orange 10 to 15-minute walking zones, you may find it quicker to walk to school than to drive and have to find a parking space.

If you live beyond walking distance and must drive, **please park and stride** and help **make it safer around the school gates** so more families can **walk, cycle or scoot** to school.

Avoid the congestion by parking in the car park shown overleaf. When parking on street, always get your children out of the car on the pavement side.

**Walk from a friend's house:** Know friends who live locally? Why not ask to park at their house and walk together for a sociable school journey.

**Lift Share:** Going the same way as a neighbour? Why not lift share and then park and stride, saving fuel and the environment?








# 'Park and Stride' Car Park for South Farnborough Junior School

**Make every step count.** Step it Up! Why not use the school run as part of your daily exercise routine to up your step count? Each minute you walk is about 100 steps.

 **Sycamore Rd Park & Stride car park**

 Walking route from car park

**60 Spaces**, Distance: 240 metres = 300 Steps

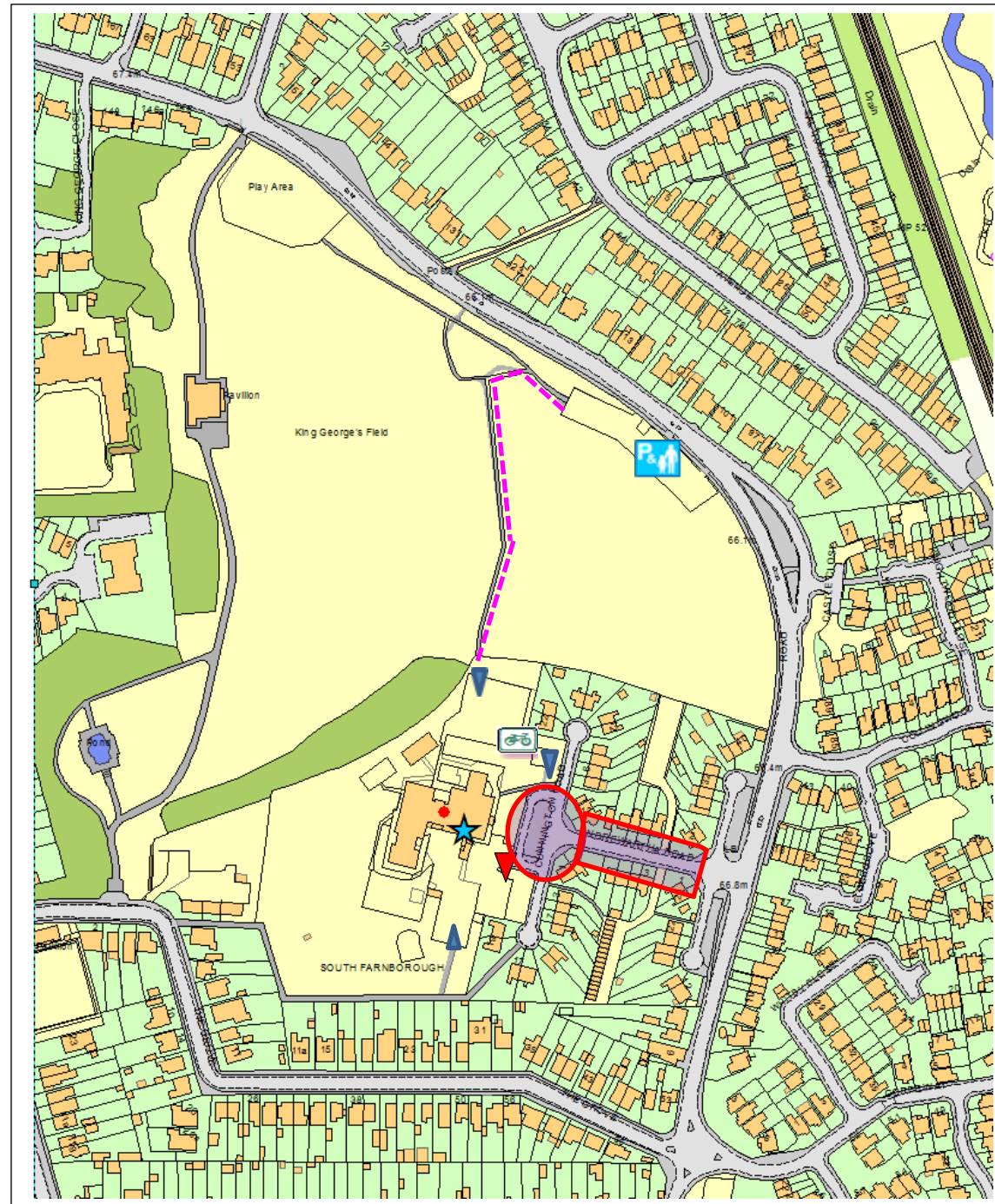
 Keep Clear Areas. No Drop Off / pickup

 Pedestrian Access

 Staff Car Park Only

 Cycle & Scooter Storage

**Note:** Never park on the zig-zag markings, yellow lines, crossing points, speed humps, near junctions and driveways or drive or park on pavements.



**5 Good reasons to walk to School**

*It's good for the planet*

**Become street savvy**

**Boost brain power**

**Kick start a healthy lifestyle**

**Fun for all the family**