

HEALTHY SCHOOLS INFORMATION

Walk to school project

Why walking works:

Health – Children who actively commute to school are more physically active than those who do not¹. Physically active children are more alert, ready to learn², do better in tests and achieve better grades than children who are driven to school³.

Safety – 1,200 children a month are involved in road accidents near schools⁴. Walking to school means fewer cars on the road at peak times reducing congestion and inconsiderate parking making the school gates a safer place.

Environment – The school run alone is responsible for generating around two million tonnes of CO₂ per annum⁵, converting these journeys to walking improves the local air quality.

Economy – Investment in walking boosts local economies by increasing footfall for nearby shops and business, and providing long-term cost savings for local government through public health.

The Walk to School campaign:

- 1 Reaches over 13 million people, making it one of the UK's leading behaviour change campaigns for young people
- 2 Delivers improved physical and mental health for children, parents and carers
- 3 Provides cost savings through improved public health, reduced congestion, improved road safety and reduced carbon emissions
- 4 Breaks down the environmental and behavioural barriers to walking to school.

For more information visit

www.livingstreets.org.uk/walktoschool

Walk to school chart

Every child that walks to school will mark on the chart and progress towards stars, stickers and termly certificates.



We are encouraging children to walk to school to decrease the morning congestion just outside our school premises. However, if driving your child to school is the only option, we suggest parking further away so your child can still earn their marks on the walk to school charts in class.

More information can be found at -
www.livingstreets.org.uk

Be Safe Be Seen

Stop...

There is a lollypop lady located on London Road and another on Coppins Road by the shops.

Look...

The children recently met both our ladies during our healthy schools assembly.



All children should have a 'BE SAFE BE SEEN' sticker. If they do not, please could you see the class teacher or inform Mrs Nazer.

...And Listen

Golden Mile

- The Golden Mile is a safe, simple and measurable health & physical activity that is managed by our golden mile masters.
- It lasts all year long and anyone can take part.
- Each child will be in control of their own data online and they will be able to monitor their progress as the year goes on.
- Individual children, classes, year groups and the entire school can set challenges to complete over a set time. i.e. children can find out the perimeter of a country or distance to a country and accumulatively reach that target.

Children will achieve certificates for 50 miles, 100 miles and 150+ miles.

The Golden Mile will take place in PE lessons, on sports day and charity events

Water Bottles

**Water bottles will be
available from January 2015.**

Suggestion boxes

E-Safety

Tuck Shop



Do you have
a suggestion?

Golden Mile

School Dinners

All families are welcome to use our suggestion boxes

Suggestion Box Locations

1. Outside 6A classroom
2. Located in courtyard 2 (Year 1 + 2 Area)
3. Located in the main office
4. Located in the centre of the reception building
5. Located in Nursery

School Website

- ▣ www.whitehallacademy.co.uk
- ▣ www.golden-mile.org
- ▣ www.livingstreets.org.uk