

WIN!
Great prizes
up for grabs

2025/26



How could you travel to school?



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



myjourneyhampshire.com/transition

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 you and your child's day in a positive and energised way.

By travelling actively to school, we can enable our children to lead happier and healthier lives, with cleaner air and safer streets.

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 Hampshire County Council (HCC) 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 being to promote health and wellbeing through active travel choices, encouraging active and independent travel skills and supporting safe and healthy streets for all.





Contents

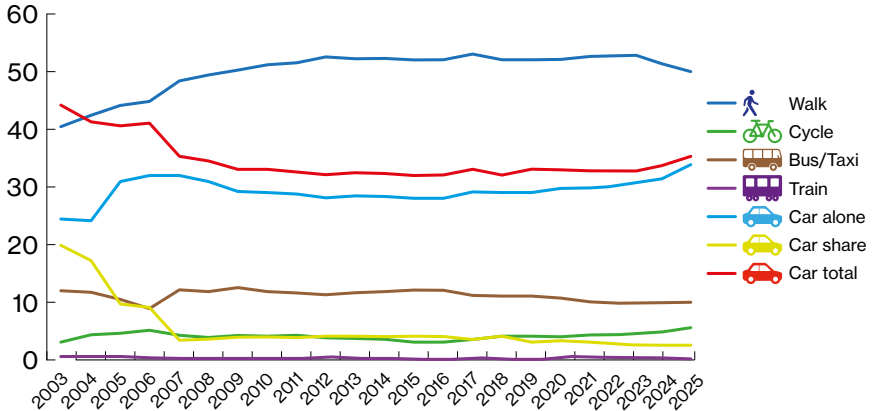
How do we currently travel to school?	4
Top tips to travel actively	5
Walking to school	6
Cycling to school	7
Scooting to school	8
Bus, train and school transport	9
Journey Planner	9
Road safety training and skills	10
Park safely and responsibly	11
Child car seat restraints	12
Useful contacts and website	13-14
Drawing competition	15-16



How do we currently travel to school?

There are almost 600 schools in Hampshire alone. The chart below gives a snapshot of how children have travelled to school over the last 22 years.

Hampshire School Travel 2003 – 2025



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.

Find out what initiatives your school can access on our website. Visit: myjourneyhampshire.com/education

Top tips to travel actively

- 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 myjourneyhampshire.com/walk/go-jauntly to browse walks in Hampshire and Southampton 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. (see page 6.)
- If possible, you could drop your child off at a friend's house close to school so they can walk, cycle or scoot to school together.
- When your child is old enough, more independent and confident, consider parking away from the school and allowing your child to travel in alone or with a friend.
- Ask local residents, including non-parents, to team up with those who live further away and allow them to park on their drive and then walk to school.
- 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 be doing to promote active travel.

Visit
myjourneyhampshire.com/transition
for more fun ideas to
help plan your new
journey to school.



Walking to school

Most families live within walking distance from their school, making walking or wheeling the natural travel choice for the school run..

Walking is an easy way for children to get to school whilst also supporting their health and wellbeing so that your child will be focused and ready to learn. 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.

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



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.

myjourneyhampshire.com/LivingStreets_for_primary

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

Our Bikeability Team work with schools to provide children with cycle skills to teach them about road safety so they will be more able to enjoy the freedom of cycling, even if they are unable to cycle to school. 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 we work with our partners Sustrans and the Bikeability Team to promote cycling through activities such as:

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

Your child's school may offer Bikeability Balance using balance bikes. However, 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.

myjourneyhampshire.com/bikeit_for_primary



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 incorporates an active stage into you and your child's journey, as well as promoting new skills, coordination and fun on the school run.

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.**
- **Be aware and look where you are going!**
.....
- **If it's crowded or you are crossing the road, get off and walk with your scooter. It's safer for everyone!**
.....
- **Carry things in a rucksack, not balanced on the handlebars.**
.....
- **Wear a helmet and bright, fluorescent clothing to ensure you can be seen.**

myjourneyhampshire.com/resources_for_primary



Bus, train and school transport

The County Council has a duty to provide local authority-funded school transport between home and school for some children. The School Transport Team currently provides transport for more than 14,000 students per day using local bus services, dedicated school transport and rail travel. Eligibility is based on certain criteria including distance to your catchment school, attendance at a special school and some medical reasons.

For information on Local Authority funded school transport please contact the School Transport Team (see page 13 for contact details).

Journey Planner

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



Road Safety training and skills

Bikeability

Bikeability training is cycling proficiency for the 21st century. Hampshire County Council's Bikeability Team offers Level 2 Bikeability to pupils aged 10 years and over and Level 2 and 3 to secondary school pupils. The training gives young people the opportunity to develop new skills and improve confidence.



Walk to School Week

Walk to School Week supports the national Living Streets campaign. The Road Safety Team offer material to all schools free of charge; children record their journey to school on a wall planner each day and receive a certificate if they walk to school for the whole week. This is an opportunity to reduce congestion outside schools, promote healthy living as well as teaching pedestrian skills.

Junior Road Safety Officers

The Junior Road Safety Officer (JRSO) scheme involves Year Five and Year Six pupils becoming JRSOs. 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.

Park safely and responsibly



If you do need to drive to school, we encourage you to park safely, legally and considerately for the safety of your child, their friends and the local community.

School Keep Clears

School zigzag markings are there to ensure clear sight lines for all road users, outside of your school. They create a clear and safer area to cross. There is a 'No Stopping' order placed on all zigzags. If you stop or park on the markings during these times, you are likely to receive a Penalty Charge Notice (PCN) of £70 or a fine from the Police.

Parking enforcement

HCC is responsible for on-street civil parking enforcement across the whole county, in partnership with our service provider, NSL. To report an on-street parking contravention, such as a vehicle parking on yellow lines, visit: hants.gov.uk/transport/parking, and select the Report a Parking Contravention tile and complete the form. This report is sent directly to NSL to action, however we are unable to respond to all reports received. Our team of Civil Enforcement Officers do carry out visits to schools, where we know there are issues with the parking as part of their regular enforcement activities.

If there are no parking restrictions and there is an obstruction or inconsiderate parking, please contact the Police on 101 or via hampshire.police.uk/contact/af/contact-us

Parking Promise / Parkwise

To reinforce these rules in the school community, we run a campaign called the Parkwise Promise, which builds on our Parkwise leaflet principles and more information can be found on the My Journey website.

School zones

We remind all drivers to slow down on the approaches to schools and be particularly vigilant 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 steps into the road, be aware that 'Stop means stop at the lollipop'.

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 car seats and seat belts.

The UK law states that a child must use a child car seat until they are 12-years-old or 135cm tall, whichever comes first. Children over 12 or more than 135cm tall must wear a seat belt.

Further information on the law and advice on choosing appropriate seats can be found on the following links:

gov.uk/child-car-seats-the-rules

childcarseats.org.uk/choosing-using

If you have a question you can contact the Road Safety Team (details on page 13).

Engine idling and air quality

Did you know that leaving your engine idling releases enough harmful emissions to fill 150 balloons in one minute! These emissions contain harmful chemicals like cyanide, NOx and PM2.5.

Turning your engine off can help children's health by reducing asthma, heart disease and promoting healthy lung development. Switch it off so they don't cough!

myjourneyhampshire.com/media/1379/hcc-no-idling-flyer_digital-version.pdf



Useful contacts at Hampshire County Council

Travel Planning Team

- Air quality • Scooter training • School Travel Plans • WOW Scheme
- Parkwise Parking Promise • Sustrans' Bike It • STARS accreditation
- Park and Stride

W: myjourneyhampshire.com/primaryschools

E: travelplans@hants.gov.uk X [@MyJourneyHants](https://twitter.com/MyJourneyHants)

T: 01962 845638  [@myjourneyhants](https://www.facebook.com/myjourneyhants)



Road Safety Team

- Infants - Webinars and Resources • Juniors – Junior Road Safety Officers (JRSO)
- Secondary – Resources, webinars, and workshops • School Crossing Patrol Service
- Child Car Seat Advice • Road Safety Campaigns

W: hants.gov.uk/roadsafety

E: road.safety@hants.gov.uk X [@HantsRoadSafety](https://twitter.com/HantsRoadSafety)

T: 01962 846100

School Transport Team – home to school transport

Your child maybe eligible to travel support or subsidy. Please contact the School Transport Team for further information

- Mainstream – eligibility/arrangements
- SEN – arrangements (for pupils with an Education, Health and Care Plan – EHCP).

W: hants.gov.uk/educationandlearning/schooltransport/parent-carer

Contact can be made through the online form below which will then be processed by the School Transport Team.

educationforms.apps.hants.gov.uk/p/school-transport-enquiry

Bikeability Team

- Bikeability Level 1 (prior to undertaking Level 2) • Level 2 (aged 10 years and up) and Level 3 (upon completion of Level 2) • Bikeability Balance • Adult Cycle Training

W: hants.gov.uk/educationandlearning/participation-lifelong-learning/bikeability

E: bikeability.enquiries@hants.gov.uk

T: 01962 846193

Useful websites

Hampshire County Council

Public Transport hants.gov.uk/transport/publictransport

School Transport hants.gov.uk/educationandlearning/schooltransport

Journey planner myjourneyhampshire.com

Active travel supports the aims and outcomes of the Local Transport Plan. For more information please see hants.gov.uk/transport/localtransportplan

Road safety

Department for Transport think.gov.uk

Brake, road safety charity brake.org.uk

RoSPA, car seat information childcarseats.org.uk

Cycling and walking

Bikeability bikeability.org.uk

Living Streets myjourneyhampshire.com/LivingStreets_for_primary

My Journey cycle courses myjourneyhampshire.com/cycle

Sustrans myjourneyhampshire.com/education/primary-schools-in-hampshire/bike-it-for-primary-schools

Public transport

Traveline traveline.info

Bus companies and timetables

hants.gov.uk/transport/publictransport/timetables

National Rail Enquiries nationalrail.co.uk

South Western Railway southwesternrailway.com

Southern southernrailway.com





Drawing competition

My active journey to school makes me feel...

A large, empty white rectangular area occupies the center of the page, intended for a student to draw their response to the prompt.

Please complete entry details overleaf

On my journey to school, this is what I see / hear that brings me joy.



Congratulations to last year's winners: Keegan from Locks Heath Junior School, Otilie from Leesland CofE Federation and Roman from Cornerstone CofE Primary School.

Competition

We want to understand how travelling actively makes your child feel. Could it be travelling actively makes them feel happy as they get to travel with their family and friends? Could experiencing nature on the way to school make them feel calm? Could having time to talk on the walk to school make them feel excited and ready to learn? We can't wait to find out and see all of the amazing drawings.

Ask your parent/carer to fill in these details:

First name of child:

Age of child:

Year group in 25/26:

School attending
in Sept 25

Name of parent/carer:

Telephone:

Email:

Description
of drawing:

Then send your entry to the following address:

School Travel Competition Travel Planning Team, Universal Services Directorate, Hampshire County Council, The Castle, Winchester SO23 8UD. Alternatively, scan the picture and submit an entry form, along with your contact details, at

myjourneyhampshire.com/hampshire-transition or email to travelplans@hants.gov.uk

Closing date is 31 October 2025. Sorry but we cannot return any pictures. Winners will be announced in November 2025.. Visit our website myjourneyhampshire.com/hcccompetitions to view terms and conditions and privacy notice.

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