

## Did you know?

- Exercise can be a stress-buster at the end of the day.
- A 15 minutes walk twice a day gives children and adults alike up to half their required daily exercise, helping to control weight and boost the immune system.
- It gives people the chance to socialise which could create a friendlier atmosphere within school and its surroundings.

These maps are to be used as a guide only and it remains the responsibility of parents or carers to decide if their child is able to walk, cycle or take a bus to school.

The travel zones shown are based on an average walking and cycling speed.

The maps indicate safe places to cross and these should be encouraged to be used all the time. The maps should not be used to as a means of classifying safe walking or cycling routes to school.

## Further information

If you would like any further information on travelling to school please contact:

## Road Safety

☎ 01952 384632

✉ [roadsafety@telford.gov.uk](mailto:roadsafety@telford.gov.uk)

### English

If you find the text in this document difficult to read we can supply it in a format better suited to your needs. Please ask someone who speaks English to contact the telephone number below.

### Panjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਵਿਚਲਾ ਮਸ਼ਮੂਲ ਪੜ੍ਹਣ ਵਿਚ ਮੁਸ਼ਕਿਲ ਹੋ ਰਹੀ ਹੈ, ਤਾਂ ਅਸੀਂ ਇਸ ਨੂੰ ਤੁਹਾਡੀਆਂ ਲੋੜਾਂ ਅਨੁਸਾਰ ਬਿਹਤਰ ਢੰਗ ਵਿਚ ਸਪਲਾਈ ਕਰ ਸਕਦੇ ਹਾਂ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਅਜਿਹੇ ਵਿਅਕਤੀ ਨੂੰ, ਜੋ ਅੰਗਰੇਜ਼ੀ ਬੋਲ ਸਕਦਾ ਹੈ, ਹੇਠਾਂ ਦਿੱਤੇ ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕਰਨ ਲਈ ਕਹੋ।

### Urdu

اگر آپ کو اس دستاویز کا متن پڑھنے میں دشواری محسوس ہو تو ہم اسے ایسی شکل میں مہیا کر سکتے ہیں جو آپ کی ضرورتوں کے عین مطابق ہو۔ برائے مہربانی کسی انگریزی بولنے والے شخص سے درج ذیل ٹیلیفون نمبر پر رابطہ کرنے کے لئے کہیں۔

### Chinese

如果您觉得这份文件中的内容不便阅读，我们可以提供更符合您需要的格式。请安排一位会说英语的人士拨打以下电话号码与我们联系。

### Polish

Jeśli masz trudności z przeczytaniem tego dokumentu, możemy go dostarczyć w formacie, który będzie dla Ciebie łatwiejszy do odczytania. Aby go otrzymać, poproś znajomego, który mówi po angielsku, aby zadzwonił na poniższy numer:

☎ 01952 384631

Thomas Telford School

How could you

travel to school?

Walking or cycling is a great way to keep fit and it's free.

Being Active is the best way for children and young people to start and end their school day. By walking or cycling to school they arrive more alert and ready to learn.



### Are you in the Zone?

It should take less than 15 minutes to walk or cycle from the zones featured on the map.

### Not able to walk or cycle?

Have you considered using the bus? This still provides some exercise and is good for the Environment. For information on local bus timetables and routes please contact Telford Travelink on 01952 200005 or go to [www.telfordtravelink.co.uk](http://www.telfordtravelink.co.uk)

### Have to travel by car?

If car use is the only option then try to park a reasonable distance away from the front of the school. By walking some of the way this provides exercise and also helps keeps the front of school safer for everyone. Or why not try journey sharing with someone else.

### Key

**Area zones**

- 15 minutes cycle zone
- 10 minutes walking zone

**Routes**

- National cycle zones
- Cycleway or suitable for walking
- Walkway
- Named walkway
- Major bus routes

**Locations**

- School (↑ School entrance)
- Pedestrian crossing
- Bus stops

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