



# 5 minute Walk Zone

## Leighswood Primary School

**5 Minute Walking Zones** aim to encourage children and families to walk at least part of their journey to and from school.

This can help to increase opportunities for healthy exercise, reduce traffic and congestion around the school gate and improve the local environment for the whole community.

**A★ Stars**

Active Sustainable Travel and Road Safety



Walsall Council

[www.astarswalsall.co.uk](http://www.astarswalsall.co.uk)



# 5 minute Walk Zone

# Leigh Primar

A\*STARS sheriffs at your school  
by walking the routes to prov

Your school has recently developed a **5 Minute Walk Zone** to encourage parents and children to change their habits by parking away from the school gates and walking the last part of the journey.

As you walk or drive around school, you will see green stickers attached to lamp posts showing where the **5 Minute Walk Zone** begins.

If you live inside the **5 Minute Walk Zone** you can walk, scooter or cycle to and from school every day.

If you live outside the Zone, try parking up where you see the stickers and travelling actively for the rest of the journey to school.

Not only does the Walk Zone keep the area around your school safer for children it also helps to develop better relationships with your neighbours and benefits the whole community.

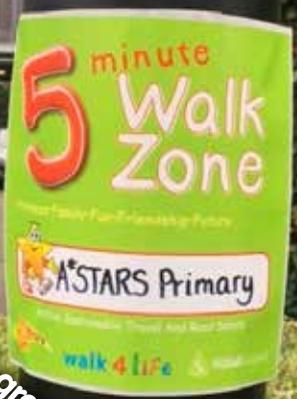


# nswood y School

l have helped to develop this scheme  
ve that they only take five minutes!!



Look out for the green stickers



## Benefits of walking:

- Improve your **Fitness**
- Spend time with your **Family**
- Have great **Fun**
- Build **Friendships**
- Save our planet for the **Future!**

**Need to drive? Why not car-share and use the 5 Minute Walk Zone.**



Active Sustainable Travel and Road Safety

As you may be aware your school and the A\*STARS team are trying hard to reduce congestion outside school. We hope by introducing the **5 Minute Walk Zone**, the journey to school will be easier, safer and encourage more parents to walk their children to school.

The A\*STARS Programme is delivered by Walsall Council Road Safety and Sustainable Travel Team in partnership with Walsall Council Public Health. The programme promotes health and wellbeing by combining and providing road safety, health and sustainable travel education, training and awareness.

By working together, we can help to develop and promote safer, healthier lifestyle choices for all.

**Fitness • Family • Fun • Friendship • Future**



Visit [www.astarswalsall.co.uk](http://www.astarswalsall.co.uk) or email [astars@walsall.gov.uk](mailto:astars@walsall.gov.uk) for more information



walk 4 life



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