

# Explore our Neighbourhood

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Walking and Cycling  
**around**  
Sprowston

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neighbourhood explore our neighbourhood

## Walking

- Improves mental and physical fitness
- Builds bone-density
- Improves concentration
- Reduces heart disease
- Reduces stress

## Walking instead of driving to school

- Saves money
- Reduces traffic and pollution
- Gives you time to practise road safety training
- Is a social activity, building confidence and vocabulary
- Makes our world a better place
- ... and might even be quicker

## Cycling

- Boosts travel independence

**... and if all that is not enough, there's a direct link between fitness levels and academic scores**

## Cecil Gowing Infant School

Walking to school encourages a healthy lifestyle and children are more alert when they come into school.

Car parking around the school always causes problems and congestion so the more children who walk, the better it is for the area around our school.

We have road safety training for all Year 1 children, which is provided by Norfolk County Council each year.

We have 2 bike racks, which are covered but find that lots of children use a scooter rather than a bike. A crossing patrol person is available between our school and Falcon Junior School.

## Falcon Junior School

Walking or cycling to school provides a healthy way to start the day. It's a chance to make new friends, chat, enjoy the fresh air and get your brains ready for the day ahead.

Falcon Junior School is a Healthy School committed to promoting the health and well being of our pupils.

We provide:

- Cycle shelters for up to 40 bikes
- Off road and on road cycle training for pupils
- A safe off road waiting area for pedestrians

For those who have to drive to school, we encourage 'park and stride'; parking away from the school and walking the remainder of the way.

## Sparhawk Infant and Nursery School

As a Healthy and an Eco-School, we are committed to improving our own health and that of the planet.

Our children receive regular road safety training and we are good at thinking about ways of staying safe.

We are really pleased that our Travel Plan grant has enabled us to improve our cycle storage, so we have a covered shelter for cycles and also a parent/carer covered waiting area to encourage people to cycle and walk to school.

**Do you know...** The British Chiropractic Association specifically identified shorter car trips, such as the "school run," as placing adults' backs under immense strain because of all the twisting and lifting.

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## Sprowston Infant School

At Sprowston Infant School we understand that it is good for us to walk and cycle as much as possible.

All our children take part in pedestrian training and road safety training during their time at Sprowston Infant School.

We have a children's cycle store at the front of the school.

Parents could try parking in the Recreation Ground car park and walking to school from there to avoid congestion at the front of the school. It would also help if parents could try to avoid parking in front of driveways because our neighbours appreciate this very much.

## Sprowston Junior School

There are three pedestrian entrances to the adjacent Recreation Ground, which lead to the main pedestrian entrance for the school. We encourage our children to enter the school here because there are no roads at this entrance. In order to safeguard children this gate is locked during the day and access to school is through the main car entrance on Recreation Ground Road.

There are two car parks at either end of the Recreation Ground so children, families and pets can enjoy a 'park and stride' through the park safely to school.

We encourage cycling by working with Norfolk County Council to provide road safety and cycling proficiency training and we have a large covered cycle rack.

We encourage walking and cycling as we are a Healthy School committed to promoting the health and well-being of our children. This is developed through the teaching of healthy lifestyles and participation in green travel initiatives as well as providing the opportunity for at least five hours of physical activity a week through lessons and clubs.

## Sprowston High School

Sprowston Community High School has one main entrance on Cannerby Lane, which has student walking access and access for staff into the car parks.

We are promoting sustainable transport to and from school as Cannerby Lane is a very small residential road. Students are encouraged to walk, cycle or take the school bus.

If students have to be dropped off by car then we ask parents to do this further up and down the road and not straight outside the school.

Sprowston High School is an Eco-school and we encourage staff and students to think about the environment and consider the well-being of our neighbours by reducing the traffic on Cannerby Lane.

## Explore our neighbourhood

**T**here are lots of short cuts and safe places to cross that make walking and cycling a good option.







If you really need the car, you might be able to park more easily a short distance away.

Please check the tips on this page, and the map overleaf to see how many car trips you can cut short or cut out altogether.

**Do you know...** Childhood (and especially early puberty) is a crucial period for establishing future bone-density. Most young people can improve theirs by 5-15% through weight-bearing exercise like walking, though it can be increased by up to 30%.

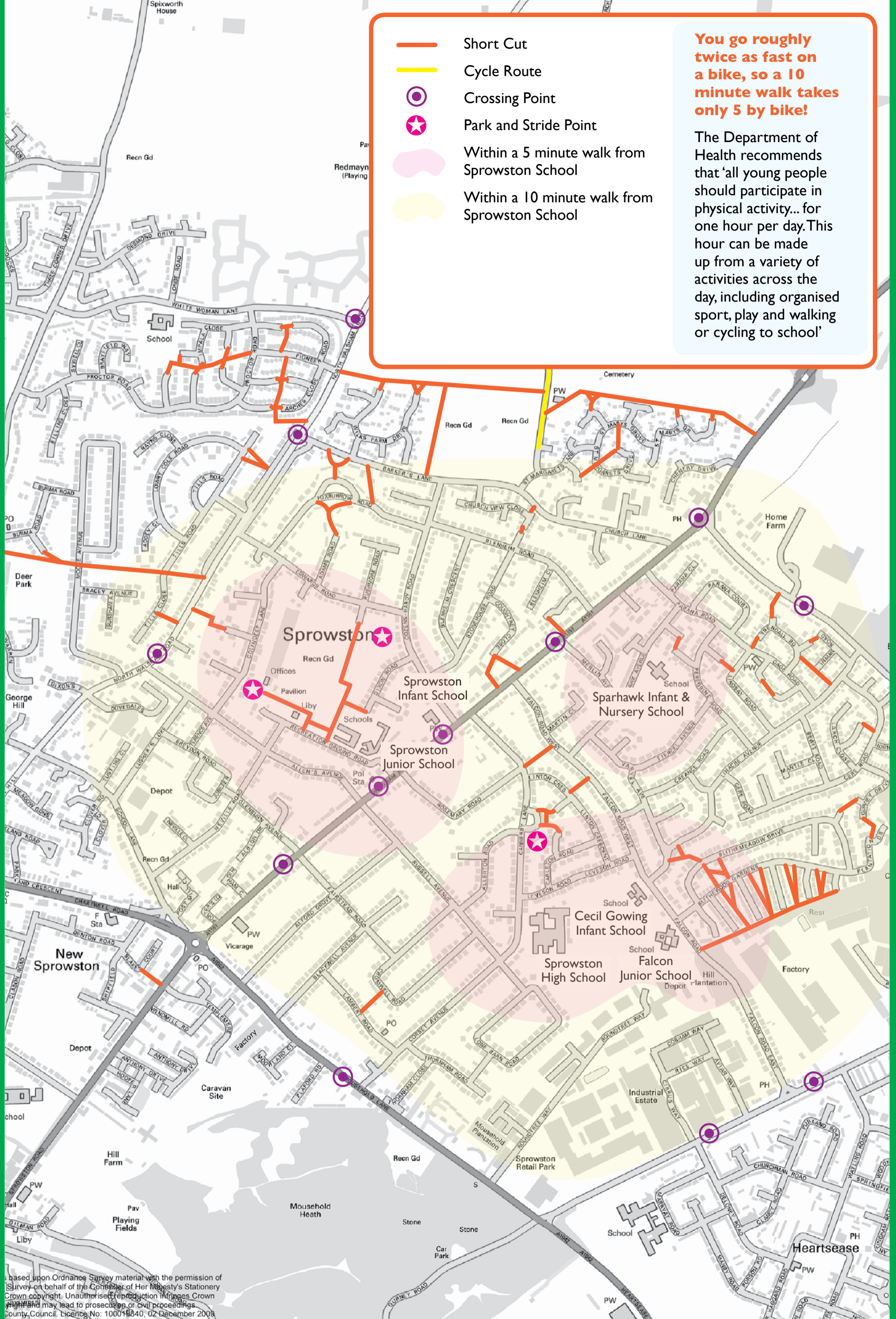
This is because growing bone has a much greater ability to add bone-density than mature bone does.

Parents benefit by walking more too: the average skeleton starts to lose density after age 30, but weight-bearing activity can halt or even reverse this.

-  Short Cut
-  Cycle Route
-  Crossing Point
-  Park and Stride Point
-  Within a 5 minute walk from Sprowston School
-  Within a 10 minute walk from Sprowston School

**You go roughly twice as fast on a bike, so a 10 minute walk takes only 5 by bike!**

The Department of Health recommends that 'all young people should participate in physical activity... for one hour per day. This hour can be made up from a variety of activities across the day, including organised sport, play and walking or cycling to school'



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This map was developed with help from the parents, pupils, teachers and governors of the six schools in Sprowston.

We have had a lot of fun walking and cycling and checking short cuts around our schools. Please use this map to explore our neighbourhood on foot and by bike.

Together we can make a difference!



Tips taken from "The Health Benefits of Walking and Cycling to School" Information Sheet FS15 by Sustrans, [www.saferoutes to schools.org.uk](http://www.saferoutes to schools.org.uk)

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