

This map has been created to help make it easier to get to Federation of Trosnant Schools by showing walking, cycling and park and stride routes, safer places to park and safer places to cross the road.

www.trosnantschools.co.uk

Keep in touch with My Journey
 More travel information can be found on the My Journey website
www.myjourneyhampshire.com
info@myjourneyhampshire.com
[@MyJourneyHants](https://www.facebook.com/MyJourneyHants)
[Facebook.com/MyJourneyHants](https://www.facebook.com/MyJourneyHants)



Benefits of being active on your journey to school

- Using your bike and scooter instead of the car can save money on fuel, reduce your carbon footprint and improve the air quality at school
- Walking burns as many calories as jogging the same distance. If you walk briskly (about 4mph) you can burn up to 150 calories in 30 minutes, contributing to your child's 90 active minutes per day and one of your five 30 active minutes per week
- Walking, cycling and scooting with your children and other families is a great way to have quality time together and catch up, with the added bonus of getting fit
- Being active on your journey to school helps you to feel better by releasing endorphins in your brain and can help you all to de-stress

Plan your journey

Plan your journey to school and around the local area with our online journey planner. It can help you decide how to travel and tell you how many calories you will burn if you choose to walk or cycle, some or all of that journey.
myjourneyhampshire.com/journeyplanner to plan your journey.



Travel to Federation of Trosnant Schools

How to be safer and active on your journey to Federation of Trosnant Schools

- Consider using roads slightly further away from the school entrance and stride the last few minutes to school
- There is no parent parking on Chilcombe Close
- Be Bright and Be Seen by wearing fluorescent clothing
- Put a scooter in the boot to speed up the walk and leave it in the scooter pods for use on the way home
- Visit myjourneyhampshire.com/schools for information on safer scooting, keeping your bikes moving and learning how to use them safely



If you have to drive to school

Please don't:

- Park on the zig-zag lines, double yellow lines, outside the school gates, on the pavements, or across dropped kerbs

Please do:

- Be considerate to our neighbours and keep residents' driveways clear
- Make sure there is enough space for any emergency vehicles to access the school and nearby properties

