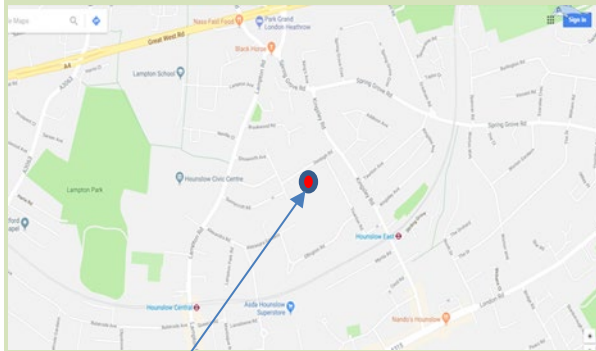


## Travelling to school

Alexandra Primary School is part of TFL's STARS Scheme, through which we promote and facilitate active, healthy, safe and sustainable travel to and from school.

Instead of using the car please look at alternatives.



### Address:

Alexandra Primary School  
Denbigh Road  
Hounslow  
Tw 3 4DU

### Nearest underground station:

Hounslow East (Piccadilly Line)

### Bus routes:

110; 111; 281; H20 and H28. Hounslow bus station is about a 10 minute walk.

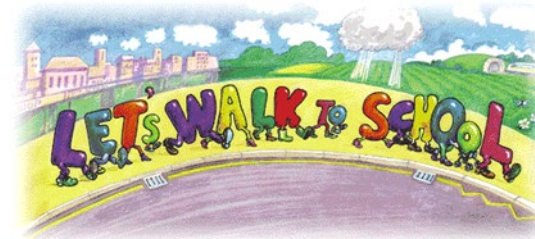


# Alexandra

Primary School

**Aspire, Perform, Succeed**

Information about  
Sustainable, Active, Responsible  
and Safe Travel for Parents



## How do we promote active travel?

We encourage active travel for all our school community because:

**Cycling, scooting or walking to school** is an easy way of building physical activity into the whole family's daily routine.

**Physical activity** can increase mental alertness, energy, positive mood and self-esteem as well as reducing stress and anxiety, according to the Mental Health Foundation.

**It helps develop road safety skills** which will keep children safer later in life. We believe it is important to prepare our children with the relevant skills to travel with a growing independence.

**It helps us keep our local air clean and our local streets free from congestion.**

**It helps us maintain good relationships with our neighbours** as excessive parking not only creates an unsafe environment outside school but also upsets our neighbours and local residents.

**Walking is educational and builds social skills.** Children who travel actively to school are able to spend more quality time with their parents and siblings through conversation. This may include things they pass on their walk to school.

Some of the things we do:

We take part in TFL's STARS scheme

- Provide cycle and scooter storage for pupils and staff
- Take part in fun events such as "Walk to School Week"
- Provide "Bikability" training to Year 6 children to teach safety skills when riding a bike
- We promote road safety through the curriculum which includes pedestrian training.
- "Debra the Zebra" gives a road safety assembly to the children
- Encourage all members of our school community to walk, scoot, cycle, or travel by public transport

Since 2018 we have achieved the Gold level accreditation as part of TFL's STARS (Sustainable Travel: Active, Responsible, Safe) Scheme.

