

SEAFORD HEAD SCHOOL STEYNE ROAD SITE ACTIVE TRAVEL MAP



Achieving Excellence Together

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This map has been produced by Living Streets, the UK charity for everyday walking.

www.livingstreets.org.uk

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SCO39808 (Scotland).

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Cycling

Cycling is an easy way to build physical activity into your day. It helps you to develop independence, arriving at school faster and happier.

Fun Fact:

British cyclist Mark Beaumont, cycled around the world in 78 days, covering 18,039 miles.

The average primary school journey is 1.5 miles.

Top Tip - Stay Safe:

Bright clothing, lights and a helmet will make you more visible and protect your head from a fall. A backpack will help you carry your books and equipment.

Always do an **ABC** bike check before you set off.

- > **Air:** tyres should be firm
- > **Brakes:** front and rear brakes working
- > **Chain:** oiled weekly

Look for quieter roads and cycle paths. Bikeability training will help you deal with busier roads and junctions.

Practise your journey at the weekend, before you cycle to school for the first time.



Photo © J Bewley - Sustrans



Walking

Walking to school is a great way to start the day! You can catch up with your friends, discover your local area and develop road safety and decision-making skills.

Fun Fact:

Did you know that doing a little exercise like walking is scientifically proven to make us happier!

Top Tip:

- Before your first day in September, get to know your journey to school. You will soon make new friends with students that walk the same way as you!
- Rainy day? Dig out your wellies and waterproofs! It's not about the weather; it's about what you wear!

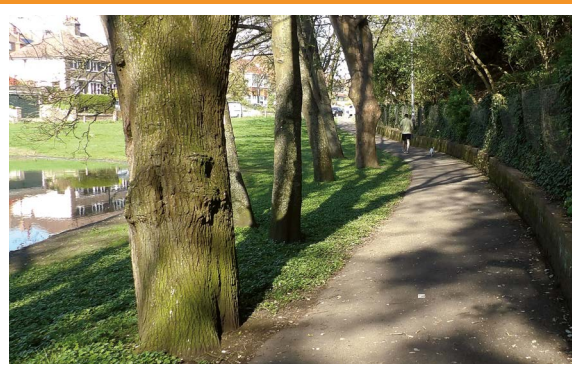


Photo of
Blatchington Pond
Sutton Drove

Park and Stride

Some families live too far away to walk to school. If you have to get a lift, make sure you ask to be dropped off about 10 minutes away so you can still get a walk!

Start by following our tried and tested routes to school outlined on the map overleaf.

Fun Fact:

It's been proven that children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn.

Top Tip - for parents/carers:

Parking away from the school helps to make walking to school safer for everyone and gives your child a sense of independence. The suggested drop off/pick up places are free to park.

Downs Leisure Centre (Sutton Road) and the Seafront (Marine Parade) are great places to park safely and drop off/pick up your children from school.



Welcome

This leaflet was designed with the help of a year 7 and year 8 group of students from Seaford Head School. Their teacher and the Sustrans cycling officer also helped too! The group all love walking and cycling!

We hope you find the leaflet useful, and that it will help you to find the best walking and cycling journeys.

It is particularly for students and families who are new to the school.

“I love walking to school and I often stop at the Salts to play football on my way home. It's great for scooting too!”

Year 8 student



“The alleyways make great shortcuts and there is a long row of trees that I love to walk past”

Year 7 student



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