

# Get in the Zone at Southfields Junior School!

Are you in the zone? It takes less than 10 minutes to walk or cycle from the zones on the map to school, so give it a go! It makes you feel great and reduces congestion outside the school, making it safer too!

Outside the zone? Why not park at one of the boundary lines and walk the rest, car share with friends, or catch the bus to school?



Your **TRAVELCHOICE** in Peterborough

It's not just children who like to be sociable - walking to school means parents can have a chat and keep healthy too.

Save money - the average school run costs around £400 per year!

Teachers say that when children walk, cycle or scoot to school they arrive more alert and ready to learn.

CO2 emissions are greater inside than outside the car!

The school run accounts for nearly one in five car trips in urban areas at 8.45am during term time.



Walking releases endorphins which make you naturally happy, meaning that children arrive at school positive about the day ahead!

## How Travelchoice can help you:

**Find your way!** Purchase a Travelchoice Cycle Map for £1.50 to make sure you get to school safely on your bike. Available from the Travelchoice Centre, Tourist Information and most bike shops.

**Learn to ride!** Want to cycle with your children but not confident? Travelchoice offers a free 90 minute adult cycle training lesson with qualified instructors.

**Text and Go** - Text the bus stop code to **84268** to find out when your bus is due (reply costs 25p).

**Good Going** - sign up to receive great discounts at bike shops, cafes and places like Flag Fen and Activity World, plus a free quarterly newsletter.

For more information  
Visit [www.travelchoice.org.uk](http://www.travelchoice.org.uk)  
or call **01733 747474**