

Travel Week

Holy Trinity National School

As well as helping the environment, by promoting sustainable transport modes such as walking, cycling, scooting and park & stride), we are using this week to promote all of these means of travel as a way to improve pupils' safety, health and fitness. The journey to school is an ideal way for children to take part in regular physical activity, to interact with their peers, and to develop the road sense children need as pedestrians and cyclists. Of course we know that there are many reasons why the car is a necessity at drop-off and pick-up time, but we are challenging everyone to take every opportunity to minimise car-travel when at all possible.



This week the following initiatives are being undertaken in school.

- The Green School Committee are addressing every class just before lunchtime each day, having researched the value of aerobic exercise.
- The Green-School Committee invited pupils to decorate their bikes or scooters. Mr Hickey and the committee are keeping a close eye on the most creative work.
- We are undertaking a whole-school journey to Cork. Each class has been challenged to walk, jog or cycle a journey of 20 Km (approximately a km per child). Already we have clocked up nearly 230km.
- Each child is asked to come up with a Travel Slogan. The winner will be included in the Travel Plan application for our 4th Green Flag.



This is a long-term campaign. As the Spring arrives the weather will improve and more opportunities will arise in the weeks and months ahead for every family to walk, cycle, scoot or park & stride to school. Let's work together to keep our roads safer, our environment cleaner and our bodies and minds healthier. The Green School Committee

