

## Active Travel for parents

Dear Parent/ Guardian,

Public transport capacity is limited so where possible try to walk, cycle or scoot part or all of your journey. This will help increase capacity and free up buses for other customers and key workers and help enable London's young people to make safe and reliable journeys to and from school.

There's never been a better time to get active on the school run by choosing to walk and cycle to school. Tower Hamlets is investing in lots of changes around schools to make it safer and more enjoyable to get around. Much of the traffic and pollution at peak times is related to school journeys so you can improve your family's health and environment by changing the way you travel. Public transport capacity remains limited, due to social distancing, so it's vital that families try to walk, scooter or cycle part or all of their trips if they can.

- Help slow global warming
- Fewer cars means cleaner air
- Get to know your area and meet friends
- Keep active: healthy body, healthy mind
- Save money on public transport or fuel costs
- Beat the traffic jams
- Boost your confidence with free family cycle training or an online course
- You can hire a Santander Cycle from less than 25p per day
- Social distancing is easy on a bike.

Visit Tower Hamlets School Run page for advice and support to make travel more active, healthy and enjoyable:

[https://www.towerhamlets.gov.uk/lgnl/education\\_and\\_learning/schools/Travelling\\_to\\_and\\_from\\_school/Travelling\\_to\\_and\\_from\\_school.aspx](https://www.towerhamlets.gov.uk/lgnl/education_and_learning/schools/Travelling_to_and_from_school/Travelling_to_and_from_school.aspx)

TFL has also produced a journey planning tools and support that's available to schools, parents and families: <https://tfl.gov.uk/reopeningeducation>