



Smarter Travel Team

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Info round up and last minute. extras

- 1) URGENT REGISTER ON <https://stars.tfl.gov.uk/>
- 2) Complete your Hands Up Survey before half term.
- 3) JUNIOR TRAVEL AMBASSADOR bring them to The Bernie Grant Arts Centre on 22 February 2017
- 4) Sign up your nursery to Children's Traffic Club London.
- 5) Book Borough Training Sessions—new website for STARS this year, transition lessons etc
- 6) Apply For Cycle Training for your pupils & staff.
- 7) HANDS UP SURVEY by end of January—Find out how many being driven to school! Lets make a difference this year.
- 8) CHECK YOUR WEBSITE : add walk zone map and STARS logo.
- 9) TELL THE GOVERNORS how the travel plan links with Ofsted and health and well being.

Healthy Schools and Haringey Obesity Alliance

Schools and Haringey Obesity Alliance

It's been a busy year for Healthy Schools, with many working very hard to ensure that making the healthier choice is the easier choice for their pupils and wider school communities, in line with Haringey's whole-systems approach to tackling and preventing obesity. Here are a few examples:

Holy Trinity pupils delivered a fantastic presentation at City Hall at the [Healthy Schools London celebratory event](#) in June on how their school has become healthier.

Stamford Hill were chosen as the London launch site for the new change4Life Sugar Smart app that helps parents see how much sugar there is in everyday food and drink. <http://www.stamfordhill.haringey.sch.uk/sugarsmart-launch/>. They also discussed their Healthy schools approach at the Haringey

Obesity Alliance "1 year on" event in June. The school has also made a film as part of the pan-London [Great weight Debate](#) <http://gethealthy.london/the-great-weight-debate/> Earlsmead recently were on the BBC talking about what they have done in terms of healthy eating and increasing physical activity on the day that the national child obesity strategy was launched

Crowlands have been selected as a pilot site for the Healthy Communities project, exploring options around healthy tuck shops.

Thanks for everyone's hard work – to find out how your school can get involved in the Healthy Schools programme or the Haringey Obesity Alliance – please contact Debbie Arrigon, Public Health Commissioner [debbie.arrigon@haringey.gov.uk](mailto:debbie.arrigon@haringey.gov.uk)

27-Bronze 15-Silver 5-Gold



Smarter Travel News Sept 2016

Certificates and Stars

Display them with pride and tell everyone about them!

20 Gold \* 14 Silver \* 30 Bronze

Celebration & Training Event

STARS & JTA : Bring 4 pupils & 2 staff—lunch provided

22 February 2016 @ Bernie Grant Arts Centre

Book now email Wendy

Issue 2

January 2017

Special points of interest:

- Celebration Event
- Hari Bear Hiding in Haringey

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Register NOW

New site up and running, <https://stars.tfl.gov.uk/>

Register = Small grant etc.



So you want to be Gold or Silver ??

You must Register on STARS and complete your hands up survey now.



The highest achieving schools involve the pupils and tell all staff how their work feeds into the accreditation and travel plan, improves

For Junior Travel Ambassador scheme set up and training please contact Halema Uddiin

Call 020 8489 1371

[Halema.uddin@Haringey.gov.uk](mailto:Halema.uddin@Haringey.gov.uk)

Your pupils will love being involved in schemes that help their peers keep safe while out and about. As well as representing their school at borough events

Successes to Celebrate TfL awarded the following higher awards

Excellence in Walking: Crowland Primary

School of the Region (North): Stamford Hill Primary

Excellence in Cycling: Rhodes Avenue Primary

All these schools were invited to City Hall for a special ceremony and training session. They received a beautiful award and certificate signed by Sadiq Khan Mayor of London.







Hari Bear

Walking Zones

Air Quality

# Hari Hiding in Haringey



## NEW COMPETITION FOR 2017

Design a bear. Template coming out to you in January 2017

Send entries back by 9th February 2017.

We will choose winning designs, 20 will be printed up professionally and hidden in the borough. In April we will send a map of the Haringey with clues where they are hidden, see how many you can find.

More inform

Contact 020 8489 5351

wendy.thorogood@haringey.gov.uk

Improve your active travel  
Email me to order your new  
Hari Bear  
Wall Charts  
Diary and certificates posters and badges.



## 5 and 10 Minute Walk Zone Maps

We have created walking zone maps in 14 of our schools. How many of you have seen these.

We are looking at other ways to create these for other schools, if you would be interested in this please contact us. They aim at improving the air quality around your school and safety by reducing cars coming to your site. The added advantage is the increased activity of families leads to fitness improvements and better behaviour in class.

Want to know more, email us at [Smarter.travel@haringey.gov.uk](mailto:Smarter.travel@haringey.gov.uk)

## Air Quality Lessons /Assemblies

Ishen Stewart-Dowding is now delivering her fabulous assemblies to our school pupils.

Contact her directly to book your free slot.

We all have a part to play in reducing the air pollution in London.

Ishen will help with campaigns for anti idling and raising awareness of what we can all do to give our air and world a cleaner space.

With Mayor Sadiq Khan campaigning to reduce the 9+ thousand pollution related deaths we all have a part to play.

Call 020 8489 1649

[Ishen.stewart-dowding@haringey.gov.uk](mailto:Ishen.stewart-dowding@haringey.gov.uk)



## Zig Zag parking - Signs and Cones

Last year we were able to supply some of our schools with no parking signs and cones.

We advise all schools to:

- A) Use sand or water to add ballast to the yellow signs to stop them blowing over
- B) Remind parents not to park near school
- C) Put cones out for arrival and then again for pick up at end of day. Do not leave them out all day.
- D) They should be on the pavement next to the zig zags.

This works as a deterrent, but needs to be

reinforced with messages in newsletters and in the induction packs for new families coming to school.

Email us if you need more help.

Small Grants can be used to buy banners etc to reinforce your messages.

Take pictures and upload your evidence to STARS add your newsletters too. Parents must know it is not acceptable and will incur a fine.

Your Junior Travel Ambassadors can help with this too, running competitions and presenting assemblies to highlight why parents should consider parking further away.

## All things Cycling



Cycle Skills Training is FREE For Staff, pupils, parents, carers, Everyone!

Book a cycle skills session with Cycling Instructor.

Your colleagues teaching/admin/support could all benefit. Why not ask them if they want to de-stress for a couple of evenings on a bike.

Your pupils from 9 yrs and up can take a full Bike Ability course too, to keep them safe, maybe inspire them to greater things .

Call : 0845 652 0421 [info@cyclinginstructor.com](mailto:info@cyclinginstructor.com)

[www.cyclinginstructor.com](http://www.cyclinginstructor.com)



Cycle grants for schools—5 schools were successful in receiving a grant. If you received it last year, how have you spent it, do you need help?

Cycle Parking, Look out for TfL Applications

Cycle to Work Scheme contact [smarter.travel@haringey.gov.uk](mailto:smarter.travel@haringey.gov.uk) for the details

Small Grants  
££

£££ What issues have you raised, do you need funding? £££  
Cycling, Reducing Driving to school - Improving air quality  
Increase Walking / Scooting to school / Road Safety Education  
Improve attendance (by setting up a walking bus scheme for example?)

Then plan it and apply to us for some funding to help achieve results !

Grants up to £2000 available to help, but only for schools with a current travel plan. Applications were sent by email



Zig zag parking

Free Cycle Training

Small Grants  
££