



Polam Hall School
Grange Road, Darlington DL1 5PA
Tel: 01325 463383

Which way will you go to school?

Walking, cycling or scooting to school is a fun, easy way to increase your physical activity.

A 10-minute walk to and from school, twice a day counts towards your 60 active minutes, helping you burn an extra 200 calories a day and could save you an average of £400 per year*.

*Based on approved mileage rates from the Inland Revenue.

Stay safe on your journey to school.

Make sure you can be seen in poor light during the winter and on rainy days, get lights for bikes and scooters and use pedestrian crossings or school crossing patrols to cross the road safely.

Have you considered getting the bus to school?

Call Traveline on 0871 200 33 33 or visit www.traveline.info or www.connectteesvalley.com to find out about local bus services.

Driving still the only option for you?

Why not drive to a location within the 5-10 minute walking zone and finish the journey on foot? You will still get up to 20 minutes of physical activity a day and you won't get caught up in traffic congestion at the school gates.

If you would like to get involved in making the school run safer for everyone by promoting walking, cycling and scooting, talk to your school about joining the school's Modeshift STARs working group.

Key:

- School building
- School entrance
- Advisory route
- Traffic-free path
- On-road route
- Rough brideway
- Cycle lane
- Cycle parking
- Toucan crossing
- Pedestrian crossing
- Hospital
- Bus stop
- BMX Track

This map is to be used as a guide only and it remains the responsibility of the parent/carer to make decisions about most suitable way to travel to school.

Although the maps show quieter roads and cycle paths, they should not be used to classify safe walking or cycling routes to school.

For advice about eligibility for free school transport for children with special educational needs, please call the School Transport Team on 01325 405904.



If you require this information in an alternative format, please contact Local Motion on 01325 40 50 40.