



KESTON PRIMARY SCHOOL

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7th May 2021

Dear Parents and Carers,

Active, safe travel has always been a priority at Keston Primary School, so we are thrilled to announce a new resource which has been created specifically for Keston by Travel for London. The 5-Minute Walking Bubble is a map of our local area which marks off a radius that is a five-minute walk away from the school, making it easier to 'Park and Stride' and build active travel into your busy days.

'Park and Stride' is a method of active travel that is perfect for those who need to drive, but still want to encourage healthy, active travel habits. It also counts towards our Juniors Walk Once a Week Travel Campaign and will help your child to earn their monthly active travel badge. The idea is to drive most of the way to school, park just outside of this five-minute radius, and then walk for the remainder of your journey.

Active travel has many personal and community benefits; it improves physical and mental health, keeps the streets quieter for safer travel, reduces traffic at the school gates, and helps improve the air quality around our school. A brisk walk in the morning can also help children to become more alert and ready to learn. As the weather is getting nicer, now is the perfect time to plan active travel into your daily routine.

Please have a look at our banner on the school playground, and the information posted on Keston Primary School Website and Twitter page.

Miss Nice, Keston School Travel Champion



