

## Healthy Schools Newsletter 2025

### Join the TfL Pioneers Project – A Healthier, Greener Future for Our School!

Dear Parents, Guardians, and Students,

We are excited to introduce the **TfL Pioneers Project**, an initiative aimed at transforming the way we travel to and from school. Our mission is simple yet impactful: **reduce the use of cars and buses in favour of more active, sustainable methods** like walking, cycling, and scooting. This initiative is not just about improving daily commutes; it's about making a lasting difference for our community and our planet.

### The Issues We Face

- Increased **carbon emissions**, worsening climate change.
- Poor **air quality**, affecting everyone's health.
- Overcrowding on the **buses**
- Reduced **physical activity**, impacting student fitness and well-being.

### Our Action Plan

To address these challenges, we are encouraging students, parents, and staff to adopt more **active travel** options. Here's how we plan to tackle these issues:

- **Walk to School Weeks:** Designated weeks where students and staff commit to walking or cycling.
- **Bike Storage:** Enhanced facilities to make cycling a more convenient option.
- **Step Count Challenge:** Tracking our step count using Phone Health Apps
- **Educational Assemblies:** Sessions to raise awareness about climate change, emissions, and the health benefits of active travel.

### Why This Matters

By reducing car and bus use, we can significantly cut emissions, improve local air quality, and enhance the health of our students. Walking or cycling to school can also boost concentration, energy levels, and overall fitness. Together, we can create a **healthier, safer, and more sustainable environment** for our children.

## How You Can Help

We invite all parents and students to join us in this movement. Whether it's walking once a week, cycling instead of taking the bus, or simply spreading the word, every small effort counts! Let's work together to make our school a **pioneer** in sustainable travel.

Thank you for your support in making this initiative a success.

**Let's step up, take action, and pave the way for a brighter, healthier future!**

Our next upcoming event: 9th-13th June Little Ilford - Walk & Bike to School Week and Healthy Eating Week our aim is to promote physical activity, reduce vehicle emissions and help the environment.

We hope everyone will get involved in the activities, competitions and challenges and do what they can to help the environment.

**Many people making small changes to the way they live can have a big impact!**



**By: The TFL Pioneers**