

## Cars

- We **do not** encourage travel to school by car.
- If you **MUST** come to school by car, please consider carefully where you park—pupils' safety must take priority over convenience.
- Suitable parking locations are shown on the map. Please avoid parking in the vicinity of school gates, especially on yellow zig-zags and green crossing strips.
- If you need to park please park with consideration to our neighbours in surrounding streets—avoiding driveways and pupil crossing points.

Leave the car behind and get walking,  
cycling and scooting instead!



**Remember  
to use School  
Crossing Patrollers  
and official crossing  
points where  
available**



**Smarter Choices,  
Smarter Places**

Supporting Sustainable Travel

Midlothian

# TYNEWATER PRIMARY SCHOOL

Midlothian

We like to promote active travel (walking, cycling or travelling by scooter) to school whenever possible.

This leaflet includes a map showing how long it takes to walk or cycle to **Tynewater** Primary School from different areas within the catchment.

### Walking

- Walking is a great way to get to school. You'll be surprised how far a 10 minute walk can take you within **Pathhead**.
- A 20 minute walk is a third of your recommended daily amount of exercise—walk to and from school and most of your daily exercise is covered!
- Every time you exercise you boost your immune system, helping you reduce the risk of heart disease, obesity, stroke, diabetes and other illnesses.
- Walking can also reduce stress levels, increase energy levels and improve sleep patterns for pupils and adults!

### Cycling or scooting

- Riding your bike or scooter to school is one of the easiest ways to include exercise into your daily routine.
- They improve your mood, lower stress and increase concentration.
- We have lots of secure cycle storage available to park your bike and your scooter too.
- Ensure your bike is roadworthy and that you use the safest route.
- A helmet and high visibility clothing is advisable, especially during winter months. Be aware of vehicles and pedestrians.

Have a look at the map overleaf and see how far from school you are.