

Active Travel

At Rhydypenau Primary School we encourage pupils and their families to make Active Journeys to school.

If we can increase the number of children who regularly walk, cycle or scoot to school we know that this has numerous **benefits** including:

- increased physical activity levels resulting in improved health and wellbeing
- reduced congestion around schools
- improved relations with the local community
- improved academic performance and attendance rates
- increased road safety awareness
- increased confidence, self-esteem and independence for young people.

At Rhydypenau we take part in local and national events, these include:

- The Big Walk and Wheel 24th March - 5th April 2025
- Walk to school week 19th - 23rd May 2025
- Hands up Survey June 2025
- Cycling Proficiency Training Year 5 - 30th June/7th July 2025

At Rhydypenau we have secure storage facilities that can be used by young people and their families who want to scoot or cycle to school.

Thank you for your continued support in choosing an active and healthy journey to school each day.