

Walk to School at Birds Bush Primary

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Pupils at a Tamworth school put their best foot forward as part of a month long campaign.

Around 320 youngsters at Birds Bush Primary School stepped out to enjoy a healthier and happier life during Walk to School Month.

Staffordshire County Council's Road Safety Unit supported the initiative which was part of a national scheme to promote the health benefits of leading an active life.

The campaign also helped to reduce the number of cars travelling to school which cut harmful CO₂ emissions. Fewer cars around schools had the added bonus of boosting safety for cyclists and pedestrians.

Walk to School Month has been going from strength to strength year on year with more parents and children joining the movement annually. This year over 26,300 children took part in the campaign across the county.

The scheme goes hand in hand with the walking bus phenomenon which has proved to be a massive success in Staffordshire since it was launched in 1999.

The county has the highest number of walking buses running in UK with an impressive 148 groups currently in operation.

Local County Councillor John Wells said: "Enjoying a stroll to school really helps pupils to let off a bit of steam before they start their lessons so that they can focus on what they are being taught during the day. Taking regular exercise is also a real benefit to their health and general well being which is a positive in anybody's book."

Headteacher Helen Coulthard added: "Walk to School Month has been a big hit with the children who have loved getting a bit of fresh air and exercise in the morning. The parents have shown their support by leaving their cars at home. This has had the added bonus of reducing congestion and improving road safety around the school as well as cutting CO₂ emissions which damage the environment."

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