



Hounslow Updates – May 2020

Dear STARS champions, what a whirlwind these few months have been! We are amazed to hear how well schools are adapting to new ways of teachings and learning in such a short space of time. We wanted to update you with some news about STARS accreditation and some of the activities that would have been approaching this term. As we know STARS is not a priority at the moment, we have instead provided some resources in this newsletter to help you promote safe and active travel in your lessons at home during the crisis.

- Stay safe and take care, Zahra and Daniela.

And follow us on Twitter for active travel and STARS related news and updates [@htravelactive](https://twitter.com/htravelactive)

---- Update: upcoming activities and campaigns ----

- **Cancelled:** Sustrans Big Pedal (22nd April – 5th May) - With the uncertainty of when schools will return, Sustrans have decided to cancel the Big Pedal and do not plan to rearrange it for later this year.
- **Postponed:** Living Street's Walk to School Week (18th – 29th May). Walk to School Week is now scheduled to take place in **October 2020**, during International Walk to School Month. Dates TBC.
- Please note, if your school ordered the Walk to School **resource packs** by Living Streets, we are still ordering these resources for you to use in October instead. The packs are not dated so you can use them anytime.
- We will also look to **reschedule** the Walk to School and Debra the Zebra **assemblies** with Mairi in October. We will get in contact with you closer to the time to rearrange.

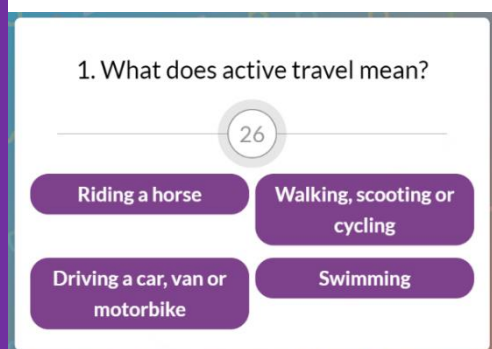
---- STARS Accreditation ----

We can confirm that **accreditation has been extended for a year**, so you do not need to work on your accreditation this academic year. Thank you for all your fantastic work you have completed this year, it will not go unrecognised and will roll over towards next year's accreditation.

This means:

- If schools have achieved Bronze Accreditation entering 2019/20 they will not need to reapply. They will automatically maintain Bronze Accreditation for 2020/21.
- If schools have an existing Gold or Silver Accreditation that was due to expire in July 2020, they will now automatically be granted an extra year. They will not need to reapply until the end of the 2020/21 academic year.
- If schools have an existing Gold or Silver Accreditation that was **not** due to expire this year, they will be automatically granted an extra year of accreditation.
- **All activity from this year counts towards next year's accreditations.**

---- Active & Transport Quiz ----



We've created a quick and fun online quiz about active travel for you to share with your pupils. Click on the link [here](#) and enter the code: **fmq4978** to access the quiz.

Please note: You need to enter an email address to access quiz. A parent email is recommended.

---- Air Pollution PowerPoint ----

We have created a short presentation on air pollution for junior school pupils (Year 5&6). It covers what pollution is, where it comes from and how we can reduce pollution. You can send the presentation to pupils at home or use it as part of your lesson. Why not set an air pollution activity for them to complete such as poster or a parking pledge badge? Please find the presentation **attached in zip file**.

---- Rail Safety PowerPoint ----

Network Rail have shared with us an educational and interactive rail safety presentation. This presentation is particularly useful for pupils who are starting to travel independently on public transport (i.e. not during covid-19). It contains some vital facts about rail safety that even us adults don't know! Please find it **attached in zip file**.

---- Road Safety Worksheets ----

We want to share an interactive road safety workbook with you for pupils home-learning during the coronavirus pandemic. There is a workbook for Year 1&2, Year 3&4 and Year 5&6. Please find the workbooks **attached in zip file**.

Pupils will have a better understanding of what essential travel means and why it is important; what could distract road users in the current climate, and the bigger consequences of an incident or injury on the roads; and the safety measures you can take when making essential journeys now, and when travelling normally again post-lockdown.

---- Stay Active ----

While staying at home it is even more important to keep active for our physical and mental health. Whether this is going out for a walk, cycle or run once a day or doing a virtual home workout, there are lots of options out for families and children:



- [Joe Wick's](#) online P.E classes
- [Youth Sport Trust](#) offering some online free activities and challenges to stay active while at home.
- [NHS Change 4 Life](#) Disney inspired indoor games and activities
- [Superhero Fitness for 3-7yr olds](#) 15mins of fun movement every day at 15.30.
- [OneYouHounslow](#) provides a full list of activities to help you and your family stay active and healthy from home.
- [#DailyMileAtHome](#) families can sign up to record their daily mile at home
- [Free online fitness, yoga and Pilates classes](#) for Hounslow residents, led by instructors at Brentford FC Community Sports Trust.
- [Adaptive Yoga](#) with Wheelpower designed for wheelchair users to help with exercises from the comfort of home.
- [MIND](#) the Mental Health Charity has compiled a list resources and information to help you stay active and healthy, alongside information on mental health and wellbeing.

---- National Walking Month ----

As part of Living Streets' #NationalWalkingMonth, they have released a number of FREE RESOURCES AND ACTIVITIES for teachers, parents and families with primary school-age children.

They are releasing new resources every week; some include a scavenger hunt and walk activities. Find the resources page [here](#).

--- STARS related activities to do at home ---

Here are some activities from STARS that have been adapted so they can be completed at home and while on pupils' daily exercise.

<p>Daily Active Walk</p> <p>Play 'I Spy' or write down all the birds, animals, insects or plants that you can see as part of your daily exercise. Can you sketch your favourite animal or write down what makes them special?</p>	<p>Doorstep Daily Mile</p> <p>Use a map to find a safe walking route from your doorstep to figure out how to complete a mile.</p> <p>Or build an obstacle course in your back garden for your bike or scooter and complete a mile in your garden.</p>
<p>Traffic signs</p> <p>When out on your daily exercise or in the car, make a note of all the different traffic signs. Ask an adult to research the highway code to find out what they mean. How do they make the streets safer?</p>	<p>Design a parking pledge badge</p> <p>Remind your parents to park responsibly by designing tax-disc size badge for the car windscreen. Why might poor parking be dangerous?</p>
<p>Safety check your bike</p> <p>Complete a M-check or ABC check to make sure your bike is safe to ride. Use these Youtube videos to help you: ABC Quick Check or M-Check.</p>	<p>Street Audit</p> <p>Make a list of all the things on your street that might cause traffic accidents or that make it a dangerous place for children. What would you do to make it safer and a more enjoyable place to walk, cycle, scoot or play?</p>
<p>Research air quality</p> <p>Research the internet and news articles to find out how air pollution affects your health. How has the recent crisis affected air quality and what can we learn for this?</p> <p>Use this Interactive real time air quality map for Hounslow here and for the UK here.</p>	<p>Write a persuasive letter</p> <p>Write to your Headteacher or local councillor and ask them to support walking, cycling or scooting to school. Can you explain to them why road safety and active travel are so important for young people and the environment? You may want to show the air quality research you have done.</p>
<p>Plan an adventure</p> <p>Plan a family day out or a future holiday without the car. Research different options to travel by bike, bus or train. How far could you travel? What essentials would you need?</p>	<p>Create an active travel superhero</p> <p>Draw a picture, create a story board or comic strip about an active travel superhero and their arch enemies. What superpowers might they have to save the planet, make our roads safer and lead us to a healthier and happier future?</p>

---- Other useful dates & resources----

- 21st of May is **Outdoor Classroom Day!** Set your pupils some of the above activities to complete outside in their gardens or on a walk.
- The Wildlife Trust are running a nature challenge: **30 days wild in June**. Download their free packs [here](#).

- World Environment Day is on Friday 5th June.
- Sustrans cycling and walking lesson/ activity plans: [here](#).
- Brake's Road Safety resources: [here](#).
- Interactive real time air quality map for [Hounslow](#), & for the [UK](#).



Other useful links:

[Youth Travel Ambassadors](#)

[Hounslow Travel Active](#)

And follow us on Twitter [@htravelactive](#)

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