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### Walking Safely to School

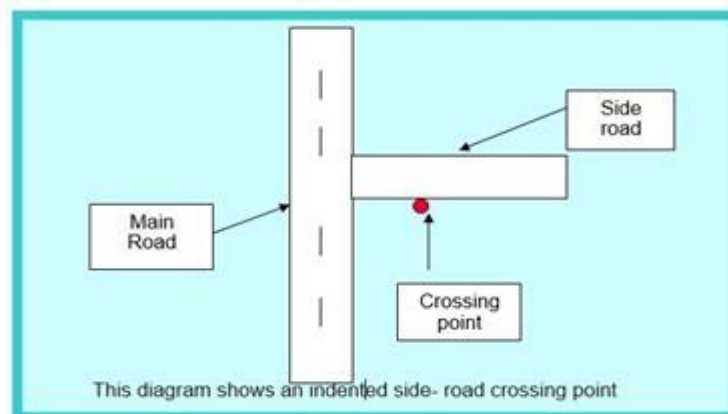
Walking to school is great exercise, it's fun and a nice way for your child to spend time together with their friends but your child needs to be safe while doing it. By following these tips, it will help your child get to and from school without any problems.

### Helpful Tips

The first things that you and your child could do are identify and plan a suitable route. To identify the route, you could walk it with your child, think of this stage of planning as seeing it from your child's point of view- you know your child best and will be able to establish what aspect of the route will put them at least danger. Often the quickest route to school is not the safest. Their journey time walking to school may well be 5 or 10 minutes longer as the safest route has safe spots and controlled crossing points, thus, giving you piece of mind knowing that your child will be safer crossing roads.

Here are some helpful tips that will help you plan the route.

Choose a route that has minimal side road crossings. If this is unavoidable, then you could teach your child to indent slightly so that they are increasing the car driver's view of anyone crossing the side road. Your child could then resume back on to the main road to continue with their direction of travel.



School uniforms are generally dark in colour, therefore, to help your child to be spotted by drivers they could wear a reflective band around their body or a high visibility vest which can be purchased at a reasonable price.

Remind your child to stick to the route that you have practiced with them. It is good to highlight to them from a safety point of view that it is safer for them not to be talked into changing the route or taking a short cut by their friends.

We want your child to have fun and gain some socialising time with their peers. However, it is also good to teach them of the kind of dangers that can occur when they play chase, push each other or throw objects e.g., falling and injuring themselves or others or tripping on to the road.

### Safety tips

- It is good for your child to know their address and your telephone number by heart, in case they get lost, have to find their way home from somewhere new or have to tell someone to get help.
- If they have a mobile phone, you could remind them to charge it before leaving the house, and make sure they have all your contact numbers saved. It is not recommended for them to walk with their phone visibly in their hand, as this may make them target for a thief.
- Spend some time talking to them about road safety. They should always look both ways before crossing the street, and not be on their phone whilst crossing a road.
- Children should not accept a lift from someone they don't know or let a stranger into the house. They should not give personal information away – in real life or online.
- Talk to them about what to do if they feel unsafe or uncomfortable at any time, they can call you or another trusted adult.
- If they ever feel like they're in immediate danger, they should call the police straight away on 999.
- There are Apps such as "Find My Iphone" that can allow you monitor your child's location.

### The Golden Rules for Crossing the Road Safely

1. Stop at the kerb or edge of the street.
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the street.

