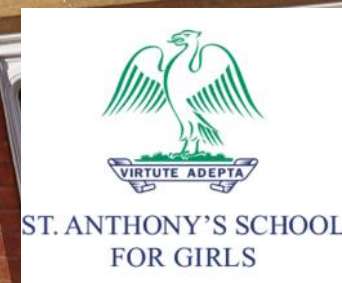


St. Anthony's School for Girls

Travel Information Pack



Version 1.0



Welcome...

...to St. Anthony's School for Girls

St. Anthony's School for Girls aims to be both academic and caring, setting high educational standards as well as being deeply focused on nurturing the individual, developing respect and creating an environment in which kindness is a core value.

Granted by the Diocese of Westminster, St. Anthony's School for Girls aims to complement the existing Catholic Boys' school (St. Anthony's School for Boys). The school is run with the same ethos and values as at St. Anthony's School for Boys, where the Pastoral Board model has worked highly successfully, ensuring the Catholic ethos of the school is nurtured and developed

This Travel Information Pack has been prepared to engage with current and prospective parents, who should be made aware of the limited parking facilities in the Golders Hill Park area and the need to consider alternative methods of travel to the car, when traveling to and from the school.

Located on North End Road, St. Anthony's School for Girls is well placed to make sustainable travel a real option for parents and pupils. St. Anthony's School for Girls have worked with transport consultants WSP|Parsons Brinckerhoff to devise a School Travel Plan which combines a number of measures which seek to encourage more sustainable travel to and from school.

This brochure provides information that allows you to consider how best to make your journeys to and from St. Anthony's School for Girls and in particular information on using alternative modes to the private car.



By Foot

One of the simplest, easiest and quickest ways to get around is to walk; this is no different for journeys to and from St. Anthony's School for Girls. Good quality, direct and well-lit pedestrian routes are provided throughout the area, connecting the school to existing footways which provide routes to local residential areas and public transport connections.

Aside from being the most environmentally friendly way to travel, walking can make you feel good and provide genuine health benefits to parents and children alike.

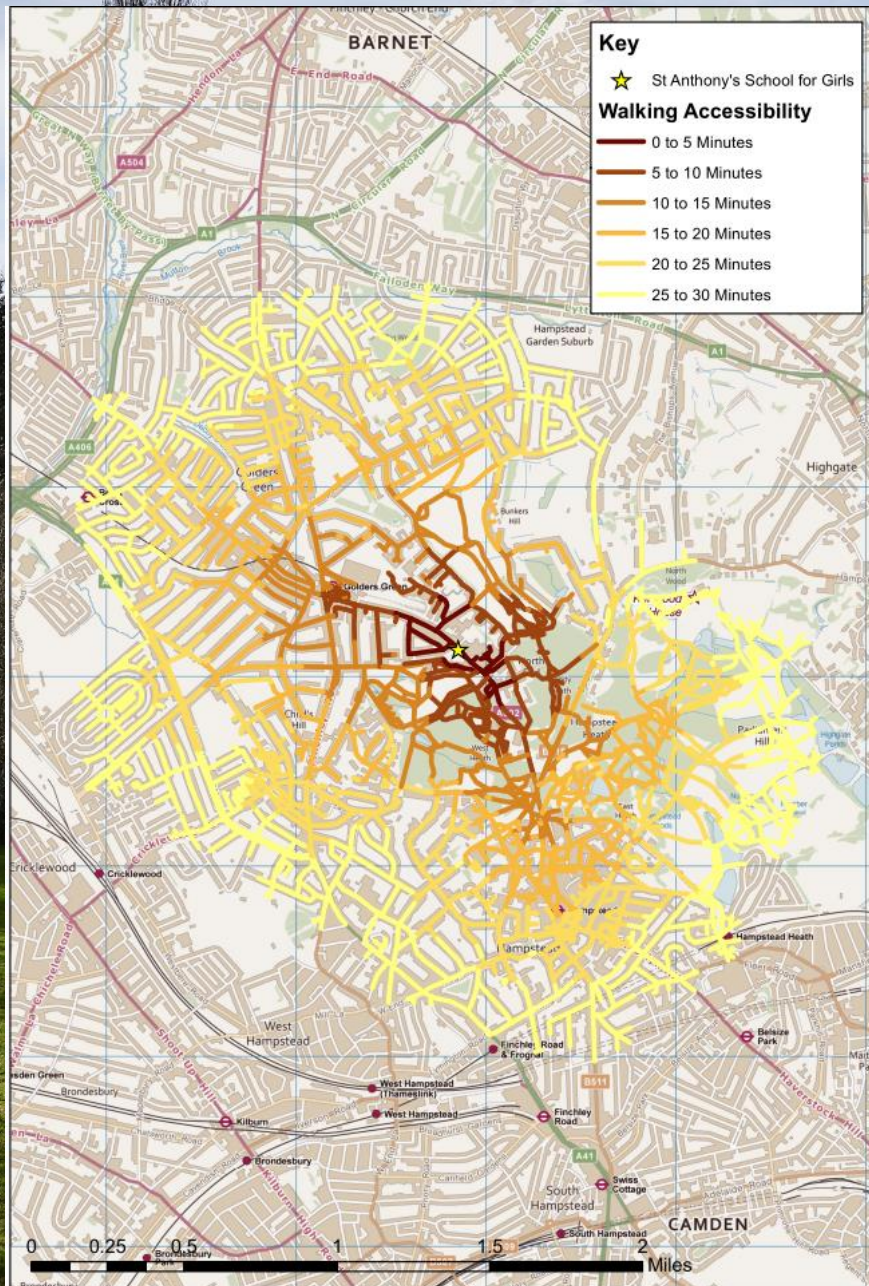
The map opposite shows how far you can travel in 25 minutes just by walking, demonstrating that walking can make a great alternative to car travel.

Walk Once a Week (WOW) Initiative

WOW is a walking initiative promoted by St. Anthony's School for Girls to actively encourage children and their parents to walk to school at least once a week. Children who do, will be rewarded at the end of each month. Pupils will be given further information on the initiative from their respective teachers. We look forward to seeing who can rise to the challenge.

Park & Stride

As part of our walking initiative we also encourage Park & Stride. This is where parents park a short distance away from the school and walk the last part of the journey. This helps to reduce the problem of congestion and pollution around the school. Children who Park & Stride are also eligible to take part in the WOW initiative, as long as they include a 10 minute walk in their journey.



By Bicycle

Cycling is often the fastest and most reliable mode of transport, door-to-door, in London. It also helps contribute towards an active and healthy lifestyle for both parents and children.

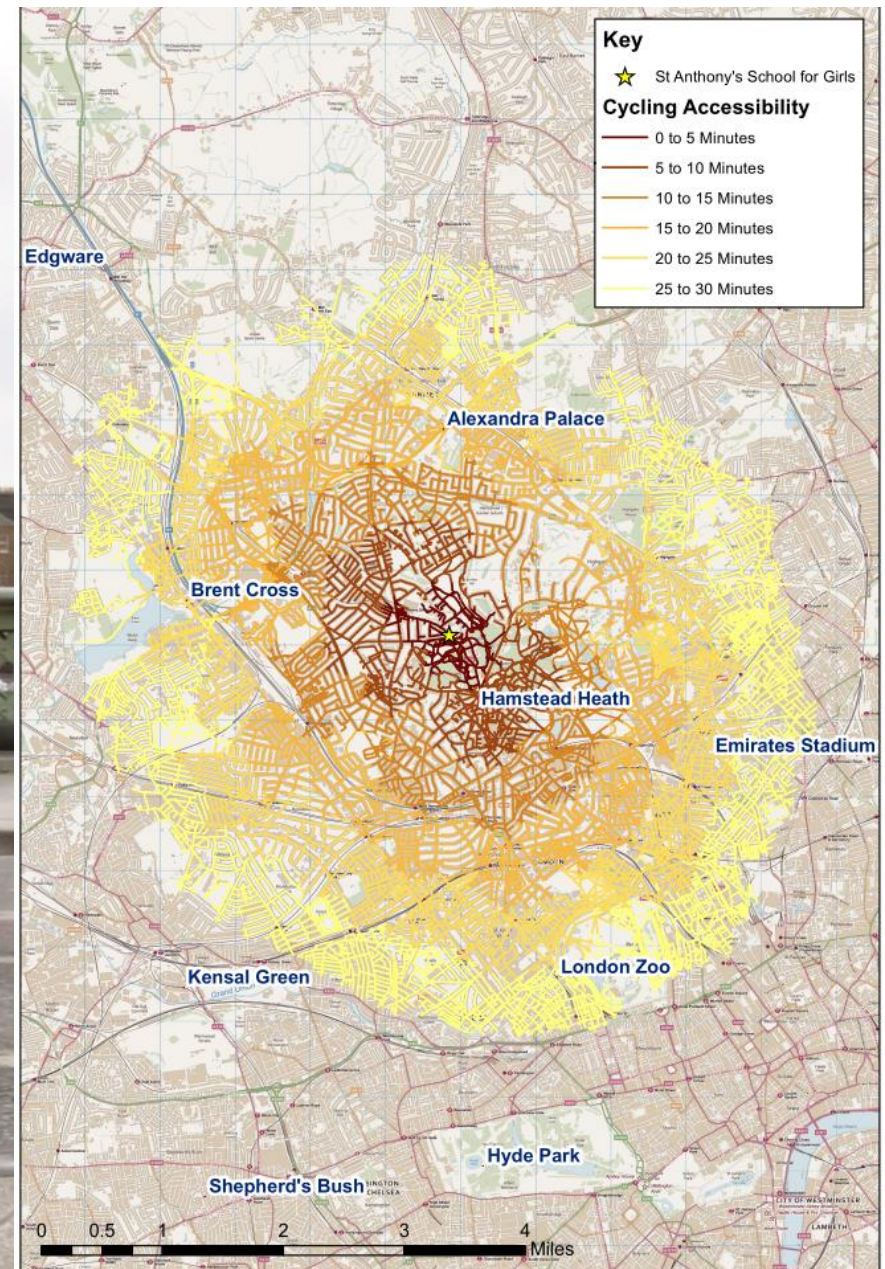
In comparison to car travel, cycling can significantly reduce the everyday hassle of finding a parking space and negotiating traffic jams on your journey to and from school. It also lowers travel expenses including , congestion charging, parking and other general running costs associated with private car use.

The popularity of cycling in London has growing significantly in recent years and to facilitate cycling as a means of transport, St. Anthony's School for Girls currently provides a number of good quality, secure cycle parking spaces as well as scooter parking. It is anticipated that this provision will grow in line with demand.

There are a number of cycle routes throughout the local area and the map opposite shows how far you can travel in 25 minutes just by cycling

London Cycling Campaign

The London Cycling Campaign (LCC) is the Capital's largest, most effective environmental organisation, seeking to help transform our city into a healthier, happier place to live. There are numerous benefits that accompany LCC membership including discounts in bike shops, local group membership and a subscription to London Cyclist magazine. To join simply go to www.lcc.org.uk



Walking and Cycling Events

Walk to School Week

As a means of promoting walking to school, St. Anthony's School for Girls will actively participate in the national Walk to School Week in May each year. This will involve challenges and informative activities to encourage children to walk to school and get active. More information can be found at www.walktoschool.org.uk.

Walk to school week will also aim to promote and raise awareness of the Walk Once a Week (WOW) initiative which runs throughout the school year.

Road Awareness and Cycle Training

As part of new travel plan initiatives St. Anthony's School for Girls will offer an annual school-wide programme of road safety awareness to all pupils, including special assemblies, lesson content and competitions. This will be incorporated as part of the specially organised Walk to School Week outlined above.

Depending on demand from parents and pupils, cycle training can also be provided through a Bikeability scheme which aims to get pupils trained and ready to cycle safely. Bikeability is described as 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. It's a government run initiative which also provides range of games, interactive discussions, creative ideas and lesson plans – all designed to get the whole class inspired to get on their bikes. For further information visit bikeability.dft.gov.uk

St. Anthony's School for Girls encourages its pupils (and their parents) to wear a helmet when cycling and to have passed Bikeability level 2 prior to cycling with a parent on the road. We also insist that students dismount before getting on to school grounds to ensure the safety of everyone at St. Anthony's.

Outside of school, if you wish to take part in family cycle training, Barnet Borough Council offer free adult & family cycle training which aims to improve cycle skills and lead to more confident cycling. For information on booking visit www.cycleconfident.com

Bike Week – A National Celebration of Cycling

Bike Week is an annual opportunity to make cycling part of everyday life by encouraging 'everyday cycling for everyone'. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK. Find local events at www.bikeweek.org.uk





Parking

Please be aware there is no on site parking provided at the school and there are a number of areas around the school where waiting is not permitted at any time, enforced by the use of a Controlled Parking Zone (CPZ). We would therefore recommend alternative modes of travel to the school , other than by the car.

Parents who have no alternative but to drop off their children by car are requested to 'Park & Stride' by parking at locations away from the school and walking a short remaining distance to the school gate.

To help with identifying 'Park and Stride' spaces the above plan identifies current parking restrictions within the local area. The no waiting (11am—12pm) and resident parking (11am—12pm) spaces on local roads enable 'Park and Stride' to be undertaken outside of the restricted parking periods.

- Bus_Stop
- St Anthony's
- WOW Boundary (10 Minute Walk)
- Estimated Number of Parking Spaces
- No Parking Restrictions
- Part-Time Restriction**
 - No Waiting (11am - 12pm)
 - Residents Parking (11am - 12pm)

Local Bus Services

Another great way to travel is by public bus. Children aged under 11 can travel free on buses at any time as long as they are accompanied by a fare paying adult. Children aged 11 to 15 years can get an 11-15 Oyster photocard to travel free. If you do not have an Oyster photocard you can travel on the bus and tube using contactless payment.

Accessing local bus services from St. Anthony's School for Girls couldn't be easier. There are several buses that stop in the area including stops almost directly outside the school on North End Road. Details of bus routes, service frequencies and destinations that can be accessed from nearby bus stops are summarised in the table below.

Service	Nearest Bus Stop	Route	Daytime Service Frequency		Days of Operation
			First Bus	Last Bus	
210	North End Road	Finsbury Park Station to Brent Cross Shopping Centre	8—10 mins		Mon—Sun
			04:50	01:03	
268	North End Road	Golders Green Station to Finchley Road/02 Centre	12 mins		Mon-Sun
			05:20	00:04	
H3	Hampstead Way	Golders Green Station to Hill Top	60 mins		Mon—Sat
			06:54	12:43	

Note: Information obtained from TfL website and correct as of August 2016.

If you text the bus stop code to TfL at **87287** they will reply with the real-time bus arrival information for that stop. The codes for the nearest bus stops are:

- North End Road near Hampstead Way: Northbound - 76021, Southbound - 57794
- North End Road near Wellgarth Road: Northbound - 75820, Southbound - 54544
- Wildwood Road: Westbound - 50246, Eastbound - 72404

There is a bus terminus located at Golders Green Station which is served by a large number of services in addition to those listed in the table above. This station is half a mile (10-15 minutes walk) from St. Anthony's School for Girls. Services from this station include the destinations of Alperton, Brent Cross, Chelsea, Ealing, Edgware, Finsbury Park, Golders Green, Hampstead Garden Suburb, Hanwell, Lower Edmonton, North Finchley, Pinner, South Hampstead, Temple and White City.

London Underground

St. Anthony's School for Girls is situated within 10–15 minutes walk of Golders Green Tube on the Northern Line.

A maximum of four children aged under 11 can travel free on Tube, DLR and London Overground services at any time as long as they are accompanied by an adult using a valid Visitor Oyster card or ticket.

Oyster Card

If you haven't already got one, Oyster is generally the cheapest way to travel. Oyster cards can be purchased from one of the 4,000 newsagents, shops or stations in London.

- An Oyster card can store up to £90 of credit
- It can be used on bus, Tube, trams, DLR, London Overground and National Rail services in London
- Oyster single fares are generally cheaper than cash fares
- Credit can be used as you need it and doesn't expire
- Daily price capping automatically calculates the cheapest fare for all the journeys you make in a single day
- More information can be found at www.tfl.gov.uk/tickets

Children aged 11 to 15 years can get an 11-15 Oyster photocard to travel at the child pay as you go rate on Tube, DLR, London Overground and National Rail services.

Auto-Top Up

Auto top-up ensures you never run out of pay as you go credit by automatically topping up your Oyster card when needed. To set up Auto-top up:

- Log in to your online account or create one
- Set up Auto top-up by choosing the 'add/renew/top-up ticket' option
- Select a top-up amount (£20 or £40)
- Choose a station where you want to activate (start) Auto top-up
- You can choose your Auto top-up amount to be either £20 or £40. This will be added to your Oyster card when you touch it on any card reader, including those on buses, as part of a normal journey whenever your balance falls below £5.



Lift Sharing

Cut your Bills, Save Time and Make Connections by Lift Sharing

As part of the St. Anthony's School for Girls' Travel Plan, an informal school lift sharing initiative will be undertaken, enabling parents to share journeys to and from the school. This will provide parents with the opportunity to pair up and share the journey of the school run while saving valuable time and money.

Car parking in the vicinity of St. Anthony's School for Girls is very restricted and therefore the aim of this travel plan is to reduce the level of car use for school journeys and improve safety within the vicinity of the school. Lift sharing between parents will not only benefit the wider school environment by reducing congestion and pollution but will also help you to create valuable connections with other parents.

If you are interested in lift sharing, please contact the School's main reception who will manage a data base of interested parents and endeavour to pair you with others families who live within close proximity to you, in order to provide you with a convenient and reliable lift sharing partner.

Help will also be provided in coordinating car sharing with parents who need to drop off children at both St Anthony's boys and girls schools. Alternatively please consider using the FREE school bus between St. Anthony's Boys and Girls School.

The cost of driving your own car is often more than just the cost of the fuel. By car sharing, you can share these costs with other parents and save valuable time by sharing the school run throughout the week. Research has shown that the average car share user saves £700 a year. The fewer miles driven may also help to reduce wear and tear on your vehicle.

School Bus

FREE School Bus Service between St. Anthony's Boys and Girls School

A free to use bus service will be provided for parents with children at both St. Anthony's Boys and Girls school. This therefore provides the opportunity for parents to choose to drop off both their son and daughter at either St Anthony's Boys or Girls School and have them safely transported, under supervision, to their relevant school, via the school bus service.

Please be aware that to make use of this service parents must first register their daughter & son for the school bus at either of the schools main receptions. The service will operate on a first come first served basis.

In the morning and afternoon the school bus service will run between the boys and girls school. Operating from the school driveway of 90 Fitzjohn Avenue at St. Anthony's Boys school, to inside the forecourt of the St. Anthony's School for Girls.

In the afternoon the bus service will be timed so that for both siblings to be collected from the school of parents choice (*subject to any extra-curricular activities each pupils may undertaking on that day*).

Please note the day to day operation of the bus service is still being refined, however once registered for the school bus service parents will be provided with regular updates on any adjustments to its operation.



Up to the Minute London Travel Advice



Journey Planner
To plan your quickest route
round London, go to
tfl.gov.uk/journeyplanner



London Underground
customer services
Call 0845 330 9880
8am-8pm every day



Free mobile travel alerts,
sign up at tfl.gov.uk/alerts



Congestion Charging
For payment details, call
0845 900 1234 or visit
tfl.gov.uk/cclondon



Visit tfl.gov.uk/oyster



Maps
For the latest London Underground
tube map visit
tfl.gov.uk/maps



24-hour travel information
Call 020 7222 1234, or
email travinfo@tfl.gov.uk

London Travelwatch call 020 7505 9000
or visit www.londontravelwatch.org.uk



Twitter Alerts
Follow [@tfltravelalerts](https://twitter.com/tfltravelalerts)

**Access live bus arrival information by texting the bus
stop code to 87287**

Do You Know Your Carbon Footprint?

If you were to cycle or walk to school rather than use your car just once a week, you could reduce your carbon footprint by up to 20%. To quickly calculate your carbon footprint, visit the carbon Calculator Website:

<http://www.carbonfootprint.com/calculator.aspx>

Around 40% of CO₂ emissions in the UK are caused by things we do as individuals. Across these activities, car travel is the single biggest contributor to personal CO₂ emissions; here are 5 ways to save 5 miles:



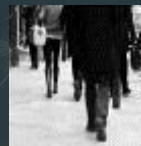
Know before you go—using a journey planner can help you find the quickest and easiest route to travel by public transport or car.



Plan ahead—to combine several car trips as part of the same overall journey rather than lots of separate trips. The CO₂ and fuel cost savings add up, and make best use of precious time.



Life on two wheels—nearly a quarter of all car trips are under two miles. Cycling those two miles instead can take just 12 minutes and is a great way to exercise for both you and your child. Each two-mile trip can burn over 100 calories.



It's good to walk—its tempting to use the car to travel just a mile down the road, but it is the perfect distance to walk. As well as health benefits, on average, walking a years worth of one mile trips instead of driving can save you over £160 a year in fuel.



Share a car—travel by car with friends and family or other parents from school.

Healthy Start

It's vital that children are given the best head start in life and the best way to do this is through practicing the habits now that will benefit them greatly in adulthood.

Kids under the age of five need three hours of activity a day and children aged five and above need to be active for at least an hour a day.

Daily physical activity is important for healthy growth and development at a young age. For younger children both light activity and more energetic activities should make up the daily routine. This light activity could easily be a walk to and from school.

Older children should undertake activities ranging from moderate to vigorous as part of their daily hour of activity. The moderate activities include walking, cycling, riding a scooter and playground activities. In addition to this on three days a week activities which exercise strong muscles and strong bones should be undertaken.

By walking or cycling to and from school on a daily basis we are encouraging healthy habits at a young age which will lead to healthy growth and development and will aid them later in life. Active travel will also build confidence and awareness of their surroundings.

All above information has been taken from NHS Choices physical activity guidelines.



Contact Us

For further Information and advice regarding travel opportunities at St. Anthony's School for Girls please refer to the parents section of the school's website:



www.stanthonysgirls.co.uk

