

SEAFORD HEAD SCHOOL

STEYNE ROAD SITE

ACTIVE TRAVEL MAP



Achieving Excellence Together

Seaford Head School
Steyne Road Site
Seaford
East Sussex
BN25 4LX

t: 01323 891623

w: www.seafordhead.org



This map has been produced by Living Streets, the UK charity for everyday walking.

www.livingstreets.org.uk

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SCO39808 (Scotland).

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Cycling

Cycling is an easy way to build physical activity into your day. It helps you to develop independence, arriving at school faster and happier.

Fun Fact:

British cyclist Mark Beaumont, cycled around the world in 78 days, covering 18,039 miles.

The average primary school journey is 1.5 miles.

Top Tip - Stay Safe:

Bright clothing, lights and a helmet will make you more visible and protect your head from a fall. A backpack will help you carry your books and equipment.

Always do an **ABC** bike check before you set off.

- **Air:** tyres should be firm
- **Brakes:** front and rear brakes working
- **Chain:** oiled weekly

Look for quieter roads and cycle paths. Bikeability training will help you deal with busier roads and junctions.

Practise your journey at the weekend, before you cycle to school for the first time.



Photo © J Bewley - Sustrans



Walking

Walking to school is a great way to start the day!

You can catch up with your friends, discover your local area and develop road safety and decision-making skills.

Fun Fact:

Did you know that doing a little exercise like walking is scientifically proven to make us happier!

Top Tip:

- Before your first day in September, get to know your journey to school. You will soon make new friends with students that walk the same way as you!
- Rainy day? Dig out your wellies and waterproofs! It's not about the weather; it's about what you wear!



Photo of Blatchington Pond Sutton Drive

Welcome

This leaflet was designed with the help of a year 7 and year 8 group of students from Seaford Head School. Their teacher and the Sustrans cycling officer also helped too! The group all love walking and cycling!

We hope you find the leaflet useful, and that it will help you to find the best walking and cycling journeys.

It is particularly for students and families who are new to the school.

"I love walking to school and I often stop at the Salts to play football on my way home. It's great for scooting too!"

Year 8 student

Buses and Trains

Buses:

The two main bus companies around Seaford are:

Brighton and Hove Buses: www.buses.co.uk

You would use these buses if you live outside of Seaford and the bus stop is by Seaford Library. You will need to have a bus ID to get a child fare. You can do this online at www.buses.co.uk. Make sure you do this at least a couple of weeks before the start of term!

Compass Travel: www.compass-travel.co.uk

You would use these buses for local trips around Seaford and there is a stop just outside the school in Steyne Road. Please check this website for details: www.c360.org.uk/blog/category/travel

Trains:

Southern Rail: www.southernrailway.com

The nearest train station is Seaford train station. It takes about 15 minutes to walk from the station to the Steyne Road site. Children under 16 get a 50% discount off rail fares. Check online at: www.southernrailway.com for details of fares and train times.

Top Tip:

- Make sure you know which is your bus or train stop on your way to school and back home. Have a plan B if you miss your stop!



Park and Stride

Some families live too far away to walk to school.

If you have to get a lift, make sure you ask to be dropped off about 10 minutes away so you can still get a walk!

Start by following our tried and tested routes to school outlined on the map overleaf.

Fun Fact:

It's been proven that children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn.

Top Tip - for parents/carers:

Parking away from the school helps to make walking to school safer for everyone and gives your child a sense of independence. The suggested drop off/pick up places are free to park.

Downs Leisure Centre (Sutton Road) and the Seafront (Marine Parade) are great places to park safely and drop off/pick up your children from school.



"The alleyways make great shortcuts and there is a long row of trees that I love to walk past"

Year 7 student

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20 minutes walk / 4 minutes cycle

15 minutes walk

10 minutes walk

5 minutes walk

- Key**
- National Cycle Network Route 2
 - Suggested cycle route
 - Walking route
 - Park & Stride route
 - Footpath
 - Railway line
 - 119 Bus stop and bus service nearest to schools
 - Pedestrian crossing
 - Zebra crossing
 - Pedestrian refuge
 - Landmark building

Library

There is:

- Space to do your homework
- Free wi-fi and a small charge for printing
- You can bring drinks and snacks (You will need your library card)

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