

Transition Time

Moving to Year 7



Starting Year 7 (Secondary School, Key Stage 3)

Starting a new school is a big step. Not only are you embarking on your first taste of secondary education, but you are also going to a new location which may involve an unfamiliar journey. This leaflet guides you in planning your new school journey to keep it active, safe, and sustainable where possible.

1 in 5 cars on the road during morning rush hour is on the school run.

The County Council's [Travel Planning Team](#) is here to help you embrace active travel to school! It's good for the environment and your wellbeing. Find information and ideas on the following pages of this leaflet or visit the [My Journey Transition Time](#) and [My Journey Parent](#) pages. Let's make a positive change together!



Getting to know the basics

Once you have your school place confirmed, it's time to find out key information such as:

- **School start and finish times.**
- **Breakfast and after-school club timings and availability.**
- **Travel to school policies/webpage-** many schools have a 'Travel to school' policy and/or webpages outlining how they would like families to travel to and from the site. This may include information about Park and Stride sites or 5-Minute Walking Bubbles (more information on this later).
- **Pedestrian entrances-** check the locations of the pedestrian entrances and whether you should be using a particular one (this may depend on your year group).
- **Cycle and scooter storage-** if you wish to scoot or cycle to school, ensure you know the availability and location of scooter and cycle parking, and whether there are any policies in place or restrictions on use.
- **HCC Home to School Transport-** is available to eligible pupils. Please ask your adult to look [here](#) for more information to see if this applies to you.



Please note: this service is provided and organised by the Education and Learning Team, and not by the Travel Planning Team.

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In the section below are some suggested activities to support you preparing for your new school journey.

Have you considered...?

The following questions will help you to plan the best school journey for you- everyone's situation is different:

- Journey times can be longer to secondary schools – is the route walkable or is cycling, the bus or train better?
- Start times can be earlier for secondary schools – what time will you leave home to arrive on time? Factor in how long it takes to walk to/from the bus stop or train station too.
- Are the footpaths easy to follow and are they well lit? Remember, it gets darker earlier in the winter months.
- Have you walked or cycled the route before? Why not practice it over the summer holidays?
- Could you walk with a friend and chat on the way? This will be a fun way to start the day but may slow down your journey, so add in some extra time to allow for this.
- If there really is no option to driving, why not 'Drop off and Stride'? (See p5).
- Consider route tracking phone apps such as [Route Guard](#) to allow your parents/carers to know where you are. (See p5).

Film fun with Roman legend Vitruvius



This [8-minute, historical and hysterical film](#) by our fantastic friends at [Histrionics](#) is designed to help you start thinking about planning your new route to school.

Based around the true story of Vitruvius, a Roman author, architect and engineer who lived during the 1st century BC, you will pick up lots of hints and tips about planning your journey, travelling sustainably and keeping the environment clean, as well as yourself fit and healthy.

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Follow-up activities

1. Mapping investigation

Time to work out an active and safe route to your new school! Find your new school on a local map or use the [My Journey mapping tool](#) (Google Maps) or [OpenStreetMap](#) online. Check the distance to your new school. Plan a quiet route, avoiding busy roads and choosing safe crossing points. Remember, the quickest route may not always be the best in terms of traffic, pollution, and enjoyment!

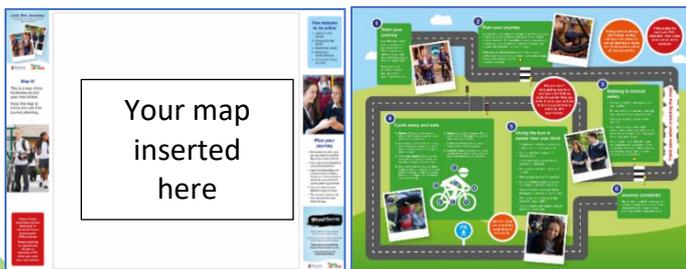
Use the yellow man icon on Google Maps to view street images and identify hazards before trying the route. Both tools allow you to select your preferred mode of transportation (walking, wheeling, cycling). Right-click on OpenStreetMap or use the blue and white directions icon on Google Maps to look for quieter routes with less traffic and better air quality. If the distance permits, consider walking, wheeling, scooting, or cycling to school on some days.

For travel by bus or train, check out the routes, timetables, and bus stops/stations carefully, and what time(s) the service is scheduled to depart each way.

Your new school will provide information regarding **Hampshire Home to School Transport** buses should you be using this option.

2. Map making

Once you have decided the best options for your new route to school, save a map of your route on your computer or phone by cutting and pasting it from OpenStreetMap for example, or hand draw your own map on a piece of paper. You can also create a **Just the Journey** map (there's a list of the ones we've made [here](#)). Use [this](#) link and then drop your map into the white box as shown below:



As if looking from above (bird's eye or plan view), mark on your house and your new school, draw the roads or footpaths you will use in-between the two. Add a key with some icons to note anything interesting on the route such as a friend's house or a park. What about any hazards to avoid like a busy road or narrow pavement? The more detail you add, the better your map.

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[Teaching Ideas](#) has lots of ideas to enhance your map, including compass directions, symbols and coordinates.

3. Marching Orders



Once you are happy with your map, go and test it out with someone in your household. Why not try out more than one route to see if you have a preference? Is one better for walking, wheeling, or scooting and one better for cycling? Do you need to make any changes to your map having tried it out? Don't forget to consider other factors such as whether the path may be muddy at times or whether there are streetlights so you will be seen when the evenings are darker.

Please do share your photos from your route testing with us, tagging **#KeepActiveHants**

Other Transition Booklets

- [Living Streets](#), our walking partner, have some great resources to encourage [walking to secondary school](#) and [transitioning to secondary](#).
- Our friends at [Room9Media](#) have created their [Way2Go booklet](#) that supports transition. (There is a printable version and an interactive, on-line version on the My Journey webpage. See this [link](#)). We also provide the booklet direct to schools for their Year 6 pupils at this time of year.



Both of the above would be great to work through when planning your new journey.

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Information on safe, active travel

Walk, wheel, bus, train, or cycle? We have lots of information to support all forms of travel on the [My Journey](#) website. Don't forget to check out our [cycling skills](#) page to keep you safe and your bikes road worthy. There are lots of [Air Quality resources](#) available to download and there's an [air pollution quiz](#) suitable for the whole family to try out too.



Walking for your wellbeing's never been such fun

See our [wellbeing pages](#) for the latest ideas on keeping active and healthy, in body and mind. We have lots of ideas to make your time outside more interesting and fun such as our [Spring into Action](#) toolkit and our [Primary](#) and [Secondary](#) wellbeing fliers.



Keep track with the Route Guard app

[Route Guard](#) is an app promoted by HCC's Road Safety team. It helps families to plan travel together providing reassurance for parents/carers and young people alike. It is secure, promotes independence and uses real time data so parents know where their child is and can be notified should they leave their agreed route. The resources are free for schools to use, and cost parents/carers £2.99 to register and use the app. It is then free for students. Find your school along the top bar. School not listed? Please [contact the Road Safety team](#).



Have to drive? Drop off and stride!

We encourage you to walk, wheel, scoot or bike to school as often as possible. If it is raining, be ready with a waterproof coat or umbrella. We do understand that, for some, logistics mean a car is needed for at least some of the journey. If this is the case, please consider trying **Drop off and Stride**: find a suitable, safe drop off point from where you can walk the last 5-10 minutes. This could be a local supermarket or pub car park (with their prior agreement), a recreation ground, park, or an area with plenty of legal on-street parking. Getting dropped off at a friend's house allows you to walk to school together. This will really help decrease the level of traffic and pollution at the school gates and makes a fantastically sociable start to the day.

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Parents: Please [Parkwise](#) and always be respectful of local residents. Some schools have their own Park and Stride or 5-Minute Walking Bubble maps highlighting local car parking areas where they have agreements in place or suitable on street parking areas, so do ask about this.



Further road safety information:

- HCC's Road Safety Team's [Street Sense](#) campaign highlights the dangers of being distracted at the roadside.
- Sustrans, our cycling partner, have some [great tips](#) on walking or wheeling on the school run. Read their [interesting report](#) on the benefits of cycling for children and families.
- The Department of Transport's [Think!](#) website has some excellent resources for 7–12-year-olds including activities around road safety and independence as a pedestrian.
- Road safety charity Brake has resources and [advice for secondary school](#) students and their families.
- If you cross railway lines on the way to school, you may be interested in these secondary [safety resources](#) from Network Rail.

To find out the latest active travel news from My Journey Hampshire, like and follow our social media pages as below to receive updates.



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