



CYCLING

You may decide to cycle (ride your bike) on your journey. Be aware of traffic around you and ideally use a 'bicycle route' if possible. Your local Council can provide dedicated cycle routes and paths.

Email: transport@sandwell.gov.uk
Telephone: 0121 569 4889

http://www.sandwell.gov.uk/info/200284/roads_travel_and_parking/2502/cycling

If riding on the pavement be conscious of pedestrians and other pavement users but try to keep clear of the kerb. It is very important to avoid riding on the inside of vehicles on the road .



Whilst on your journey you will see other people. It is a good idea to walk with a friend(s) so that you are not alone. Although if you have arranged to meet your friend at a specific time and they do not arrive then still make your way to school immediately and inform a teacher as soon as you arrive that your friend did not meet you. They may be aware that your friend isn't due in school for a certain reason.



If you find yourself in a circumstance that you need help then do not just approach anybody. Ideally your first options should be to get the attention of a uniformed Police man/woman, a teacher or school staff, a parent who has a child with them, a shop assistant with an ID badge on. It is extremely important to have permission from your parent/ carer before you go somewhere with anybody at all. Be aware of people's actions. Always tell somebody you trust if anyone asks you to keep a secret, makes you feel uncomfortable or asks you to go somewhere with them.

This advice is for you to think about and to be discussed at home amongst your family or people you trust. It is not to scare or worry you. These are life skills that you will always need to consider.

Wishing you lots of luck and happy journeys to and from your new school.

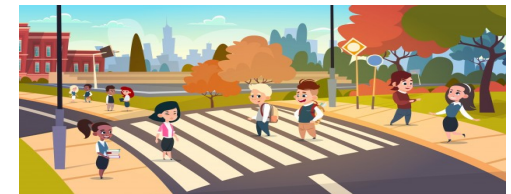
Making happy memories safely together.



Sandwell School Nursing



ADVICE ON GETTING TO HIGH SCHOOL SAFELY & INDEPENDENTLY



The Lyng Centre
Frank Fisher Way
West Bromwich
West Midlands
B70 7AW

0121 612 2974



IF YOU USE PUBLIC TRANSPORT such as your local bus service..... When exiting the bus do not hurry to cross over the road. Wait for the bus to leave so that you can clearly see the road and other road users from all directions.

When having fun and chatting with your friends stay aware of the safety rules discussed and keep distractions to a minimum. Mobile phones take a lot of your attention and keep you from looking around you staying safety aware. Keep your mobile phone in you pocket or back pack until you are in a safe place.



ALWAYS KEEP IN MIND

Before taking your first step to cross the road say and action this sequence....

STOP (Do not cross over yet)

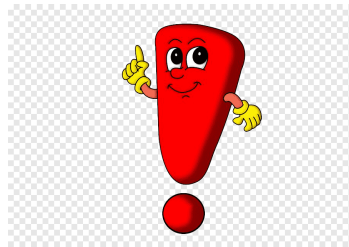
LOOK (For vehicles, road users, obstructions, any danger)

LISTEN (Sometimes you may not be able to see danger but you may hear it)

THINK (Is it safe?)

DO NOT ASSUME that once you have done this that it is definitely safe to cross over the road.

EXPECT THE UNEXPECTED. Please do not take any risks, as this could result in an accident for yourself or somebody else. Cross the road once you feel that it is safe but remain vigilant. Make sure that you feel that it is safe, even if somebody else tempts you to cross earlier.



GETTING TO SCHOOL SAFELY

KS2/3 children that are approaching leaving Primary School and starting High School may begin to walk to or part of the way to school or making other journeys on our roads.



Your first responsibility is to take this seriously. Your health, safety and happiness are more precious than anything else so please look after them. This is a new milestone in your life and although it is exciting to have some independence it is to be treated with respect and remaining sensible for your safety.

Make sure that you know your journey and have an alternative route ready in case it is ever necessary. This can be planned with an adult or by yourself using a road map. Try and find the safest place to

