

## Improving Health and Wellbeing

At Viridis, we promote a healthy lifestyle and awareness of the environment by encouraging our pupils to come to school via public transport, walking, on a scooter or by bike.



How to get here:



**Bus:** 277, 425, 26

**Train:** Bethnal Green, London Fields or Homerton.

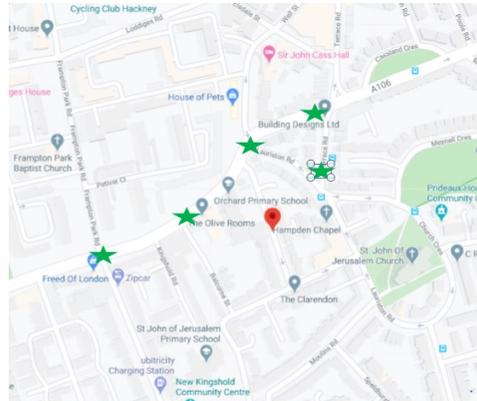
*If you choose to scoot or ride, you will be able to store your bike or scooter during the school day.*

## How to Cross the Road Safely

To be safe on the road you need to follow the 'Green Cross Code'.

### 1. Think

Find a safe place to cross the road. Our nearest crossings are shown on the map:



Do not cross:

- Close to the brow of a hill.
- Between parked cars.
- On a blind spot.

**2. Stop before you get to the edge of the kerb.**

**3. Look around you for traffic. Look right first and then left. Remember to listen for approaching traffic.**

**4. Wait if you need to.**

**5. Look and listen again.**

**For more information contact:**

<http://www.roadwise.co.uk>



# Junior Road Safety Officers



## Our Mission

At Viridis, our Junior Road Safety Officers support their local Road Safety Officer to promote road safety issues within the school and the local community.

Our JRSOs are dedicated to their roles and work hard to educate pupils about how to access our streets safely, using environmentally friendly journeys to school.

Junior Road Safety Officers priorities are:

- To promote road safety within school
- To attend Hackney road safety events
- To encourage environmentally friendly journeys
- To support healthy travel to school

Our schools work with TfL to ensure we are STAR accredited schools to make London a healthier and happier place.



The 3 main aims are:

- 1) To reduce congestion
- 2) To improve road safety
- 3) To improve health and wellbeing

## Reducing Road Congestion

Traffic congestion is when vehicles travel at slower speeds because there are more vehicles than the road can handle. This makes journeys take longer and increases queuing. This is known as a traffic jam.

**Bigger traffic jams are caused by:**

- Road accidents (cars blocking the way of others)
- Roads being closed (less roads available)
- Bad road layout
- People attending large events (more cars on the road)

**At Viridis, we can help to reduce road congestion by:**

- Limiting the amount we drive to reduce the number of cars on the road.
- Ensuring our adults do not partially block the ways of others by avoiding stopping directly outside our schools and by following the parking rules.



Yellow zig-zag lines show you the length of space cars are strictly forbidden to stop (at certain times of the day). Parking on these lines could restrict emergency service access or lessen visibility for children crossing roads.

## Improving Road Safety

At Viridis we are committed to helping all of our children become safer road users.

- We deliver assemblies to ensure every child knows how to cross the road safely.
- We ensure that all children in upper school receive bike training to help them become better cyclists. Once children have good balance and control on a bicycle, they might be invited to 'Bike Around The Borough' which is an event run by Hackney Council. The aim of this event is to provide a space for children to practice their skills whilst showing them how easy it is to cycle in our community.



Children in Year 6 learn how to ride safely between their new secondary schools and where they live.

*Have you got a bike that could do with some extra love and care?*

Bring your bicycle to school during our Biker Breakfast events to have your bike fixed by a qualified instructor.

