

# STROLL 'N' ROLL INFORMATION FOR PARENTS

You may hear about Stroll 'n' Roll from your child. It's a new programme from Solihull Council that encourages children to walk, ride, or scoot to school.

Part of it is a **school-wide competition** to see which class is best at **travelling to school without using a car**.



## WHY ARE WE DOING THIS?

**LEARN!** Studies show that children who walk, ride, and scoot to school arrive more ready to learn.

**HEALTHY LIVING!** It is recommended that children get at least one hour of exercise a day. If children walk, ride, or scoot to school, it will help them reach this goal.

**SAVE!** One in five cars on the road during morning rush hour is on the school run. By not driving their child to school, a family could save up to £400 a year on fuel, as well as reduce traffic around the school.

**PARK AND STRIDE!** If you can't avoid driving, relieve congestion near schools by parking about 10 minutes' walk away. Then complete your journey by foot.

**OUR AIM IS THAT STROLL 'N' ROLL  
WILL HELP TO CREATE SAFER, MORE  
ACTIVE AND GREENER SCHOOLS!**

