

Transition Time

Moving to Year 7



Starting Year 7 (Secondary School, Key Stage 3)

Starting a new school is a big step, particularly when moving to a new secondary school. 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 and often longer journey. This leaflet is designed to lead you through the process of planning your new journey to school and, as much as is possible, keeping it active, safe, and sustainable.

The [My Journey Travel Planning Team](#) at Hampshire County Council (HCC) is here to support you, as well as to encourage you to travel actively to school whenever possible. Active travel is not only good for the environment, but it is also vital for your physical and mental health and wellbeing. There's lots of information and ideas on the following pages to support you in making your travel choices, or you can visit the [My Journey Transition Time](#) and [My Journey parent](#) pages.

Did you know that 1 in 5 cars on the road during morning rush hour is on the school run?



Getting to know the basics

Once you have your school place confirmed, 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 webpage with information about how they would like students to travel to and from the site. This may include information about **Park and Stride sites** or 5-Minute Walking Bubbles (there is more information on this later), reduced cost bus travel and bus services.
- **Pedestrian entrances,** check where the pedestrian entrances are and whether you should be using a particular one (this may depend on your age).
- **Cycle storage,** if you wish to cycle to school, ensure you know the availability and location of cycle parking, and whether there are any policies in place or restrictions on who can use this. You could also find out if there are lockers for storing large items or arrangements for drop-off if you have large sports equipment or musical instruments, for example. Please ensure you follow this guidance and keep yourself safe and visible on your bike.
- **HCC Home to School Transport** is available to eligible students. Please look [here](#) for more information.

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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Have you considered...?

When starting to think about your new journey, consider the following questions as they will help you to work out the best solution for you as everyone's situation is different:

- **Journey times** tend to be longer to secondary schools – is the route walkable or might it be better to cycle or get the bus or train?
- Secondary school tends to start earlier – **what time** will you need to leave home to arrive on time? Do not forget to factor in how long it takes to walk to and from the bus stop or train station too.
- Are the footpaths **easy to follow** and are they **well lit**? Do not forget it gets darker earlier in the winter months.
- Is this a route that you have walked or cycled before? If not, why not **practice** it over the summer holidays?
- Could you walk to school with a friend so that you have someone to chat to on the way? Don't forget that this 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 p4 for more information on this.
- If you do not know anyone going your way, could you use a **route tracking app** such as [Route Guard](#) on your phone so your parents are happy they know where you are? There is more information on this later.



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.

Follow-up activities: Now that Vitruvius has inspired you to work out an active and safe route to your new school, you need to work out the best route for you:

1. Mapping investigation

Look up your new school on a local map or on a computer using the [My Journey mapping tool](#) (uses Google Maps) or [OpenStreetMap](#). How far away is it? Is there a quieter route there, away from traffic and with safe crossing points? You may be offered alternative routes and the quickest route may not always be the best route in terms of traffic, pollution, safety and enjoyability.

Use the yellow man icon on **Google Maps** to browse street view images, especially if you do not know your route well, as you can spot any hazards before you try out your route for real. Both packages enable you to choose your form of transport, including walking, cycling, bus, and train so you can compare timings and suitable routes. In **OpenStreetMap**, use the right click on your mouse. In **Google Maps**, use the blue and white directions icon.

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.

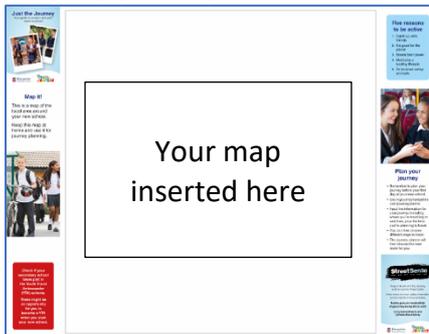
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2. Map making

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



As if looking from above (bird's eye or plan view), mark on your house and your new school, and then draw the roads or footpaths you need to use in between the two. Can you add a key with some icons to note anything exciting to be found 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 will be.

There are lots of ideas to enhance your map, including compass directions, symbols and coordinates, on the [Teaching Ideas](#) website.



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 routes 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](#).
- A big thank you to our friends at [Room9Media](#) have kindly created an interactive, on-line version of their [Way2Go booklet](#) (downloadable from the My Journey webpage) that we also provide to schools for their Year 6 pupils at this time of year. If you would like to print it out and complete it at home rather than on-line, you can use this [link](#).



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 and provides reassurance for parents 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 £2.99 to register on and use the app. It is then free to use for students. Find your school along the top bar. If they're not listed, please ask them to [contact the Road Safety team](#) who can organise this for them.

Have to drive? Drop off and stride!

We would encourage you to travel actively to school – by walking, wheeling, scooting, or biking - as often as possible. If it is raining, be ready with a waterproof coat or umbrella. However, we do understand that, for some families, logistics mean that at least some of the journey needs to be completed by car. If this is the case for your family, please consider trying out **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. This could also be at a friend's house and then walk to school together? This will really help – it makes a fantastically sociable start to the day as well as decreasing the level of traffic and pollution at the school gates.

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** have a great campaign called [Street Sense](#) which is aimed at highlighting the dangers of being distracted at the roadside.
- **Sustrans**, our cycling partner, have some [great tips](#) on walking or wheeling on the school run. They also have a really [interesting blog](#) 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 many resources and lots of [advice for secondary school](#) students and their families.
- If you have any railway lines to cross on the way to school, you may be interested in these secondary [safety resources](#) from **Network Rail**.



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