Fair Isle Family Nurture Centre Travel Plan May 2025





Introduction to Active Travel for Families

What is Active Travel?

Active travel includes walking, cycling, or using public transport as alternatives to driving. At Fair Isle we have been promoting walking to nursery and celebrated this through 'Park and Stride'



The benefits include:

- Reduces the risk of obesity, improves physical fitness, and enhances mental well-being.
- Reduces air pollution, carbon footprint, and traffic congestion.
- promotes a safer, more connections with the community

This also promotes the 5 ways to wellbeing, through taking notice and being active!



Encouraging Road Safety

Safe Walking Routes:

- Encourage walking to nursery or to activities when possible.
- Use pedestrian crossings and waiting for the green man at traffic lights.
- Holding an adult's hand when out on a walk.



Cycling Safety:

- Ensure children use helmets to keep themselves safe.
- Promoting sharing and being able to share the bike at nursery, developing social interactions.

Car Safety:

- Seatbelts: Ensure we are wearing seatbelts, when in the car or on the nursery bus when going on trips.
- Car Seats: when coming to nursery in the car make sure to have your car seat strapped in correctly.
- Safe Parking: Reminder to parents/carers not to park in the Fair Isle Roads car park unless authorised by staff.
 Appin Crescent car park - a reminder to only use drop off points for pick up and drop off. We want to ensure the best safety for our children



Promoting Environmental Awareness

Walk, Cycle, and Take Public Transport:

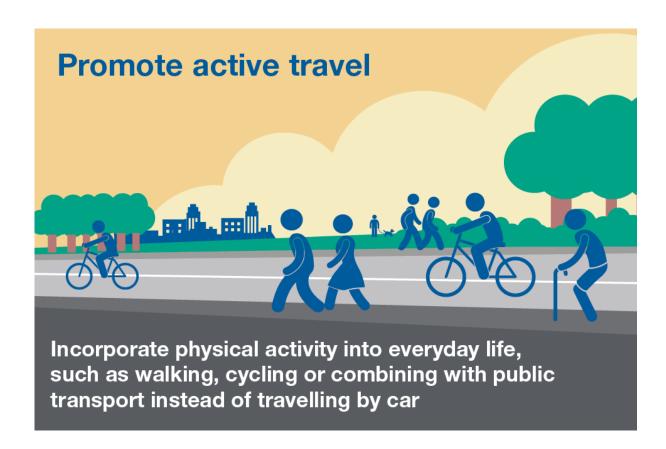
- Encouraging using active modes of travel (walking, cycling) or public transportation instead of driving, especially for short trips.

Carpooling (Car Share):

- Promote carpooling to reduce the number of vehicles on the road, especially for nursery runs. Let's get together and share the route.

Celebrating "Green" Travel: Walk to School Week - 19th May

- Launching a "Green Travel" week where families can track and celebrate the number of days they avoid using cars and try walking, cycling, or public transport when making small routes!



Sharing with families

Nursery Newsletters and Social Media:

Look out for the newsletters, and our Facebook page, or parent groups to share tips, articles, and success stories about active travel and road safety.

Meet Fresh Air Frankie - Fife Council Travel Plan Mascot

To find out more scan the QR Code:





