

# Fair Isle Family Nurture Centre Travel Plan

May 2025



FAIR ISLE  
Family Nurture  
Centre



Hi, I am your School  
Travel Plan Mascot

*Fresh Air Frankie*

and this is my first  
School Travel Plan  
Newsletter.

# 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 - 19<sup>th</sup> 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:

