



Walking Bus Initiative

Insch Primary School and the Bennachie Leisure Centre are delighted to announce a new joint initiative.



We plan to start a 'Walking Bus' to operate between the BLC and school. It aims to change habits by reducing traffic congestion outside the school, to improve the safety of your children, encouraging your children to develop or maintain an active lifestyle and providing a convenient service to parents and guardians.



This free to use service will be supported by the Bennachie Leisure Centre, enabling children to be dropped off and picked up at the BLC, where they will be accompanied **by a member of BLC staff and parent volunteers** to and from the school. **Drop off times will be between 0840 & 0845.** Please note that children will not be signed in before 0840 and the group will leave at 0845 prompt. Children would be expected back at the BLC around 1520.

Parents who are able to assist will be offered attractive discounts of BLC services and children will benefit from a social and active start to the day. A recent review of 14 studies concluded that 'participation in physical activity is positively related to academic performance'. Active travel to school can increase concentration by up to four hours and 15 minutes of exercise can improve a child's mood. Your children will also be able to walk with others of different ages, improving their relationships and awareness of pupils throughout the school.

If you do not wish to leave your child, you would be welcome to come with them to and from the school.

A trial will run for 3 days from Wednesday 31st of October. To register your interest in using the service and/or being a parent volunteer, **please call the BLC on [01464 821248](tel:01464821248).** The more helpers we have, the easier it will be to manage.

We look forward to making new friends and leading the way in building a successful service.

BLC and Insch School Eco Committee.

Sept. 2018