

Dear Parents and Carers,

Did you know? Poor air quality has a significant on our health, and is particularly dangerous for young children.

- **Short term effects:** Makes asthma worse, coughing, wheezing and shortness of breath
- **Long term effects:** Heart and lung disease, stroke, and reduced life expectancy



Pollution from all types of cars and other vehicles contribute to poor air quality.

Westminster City Council have developed a series of lesson plan for the Schools Healthy Commutes Project in partnership with educational charity, Urbanwise.London, to help inform school children and their families about the dangers of air pollution. Your school will help children understand about what causes poor air quality, and how we can all do our bit to help - by choosing active, sustainable ways to travel to school, such as walking or cycling. They will learn about the benefits for our health and the environment.

This exciting, interactive program will be delivered in class and over the following topics:

Session One - How we get to school makes a difference

- Understanding what causes poor air quality
- Carrying out traffic survey in local street to see how busy the roads are
- Identifying areas of our school affected by pollution from cars



Session Two - Our school's travel habits

- Investigate if our school contributes to pollution and poor air quality by how we travel every day
- Using data to find out the children's preferences around how they travel to school



Session Three - Creating an action plan

- Working with school leaders and management, children will explore ways they can implement long lasting active, sustainable travel choices for the school

