

AUTUMN TERM CALENDAR

SEPTEMBER – DECEMBER

MONTH	THINGS TO DO	KEY DATES
SEPTEMBER	<ul style="list-style-type: none">• Hold your first JTA meeting• Plan the year ahead• Hold your first JTA assembly• Update your School Travel Plan on the STARS website	International Walk to School Month
OCTOBER	<ul style="list-style-type: none">• JTA promotion – competitions, posters, leaflets	Be Safe Be Seen! Clocks go back by one hour – it gets darker earlier
NOVEMBER	<ul style="list-style-type: none">• Run a road safety activity during Road Safety Week	Road Safety Week
DECEMBER	<ul style="list-style-type: none">• Run an assembly to give an update on the projects you've done so far	

Walking

When walking to school, to your friend's house or anywhere in between, use the pavement where there is one. It's important to follow simple rules before crossing any road. These rules are called the Green Cross Code

- 1 First **find a safer place** to cross, then **stop**
- 2 **Stand** on the pavement, but not too close to the edge of the kerb
- 3 **Look and listen** in all directions for any traffic and **think** about what you are doing
- 4 **Cross** when there is no traffic and there is **enough time** to get to the other side without running. If you are unsure don't cross
- 5 **Keep looking and listening** for traffic as you cross the road
- 6 **Walk** straight across the road. Do not run

**STOP, LOOK,
LISTEN
and THINK**



ROAD SAFETY ASSEMBLY

For this assembly you will need the Green Cross Code guide.

If this is your first assembly as a JTA you should introduce who you are and what a JTA is.

- Tell the school that the assembly today is about Road Safety and you want to remind everyone how to cross the road using the Green Cross Code.
- Explain what the Green Cross Code is.
- Now act out the stages of the code by pretending to be a pedestrian crossing the road. You could get another JTA to hold signs up that say;

1. STOP 2. LOOK 3. LISTEN 4. THINK

- Now have the school repeat the four instructions above.
- At the end of your assembly announce the 'Be Bright Be Seen Competition'.

BE BRIGHT BE SEEN COMPETITION

The purpose of this competition is to get the school to think about wearing brighter clothing at night, especially in the winter time when it gets darker early.

Ask pupils at your school:

'What are examples of good, bright clothing?'

Answers include:

- Wear light coloured clothing – whites and yellows
- Reflective clothing – a bag or item of clothing with a reflective strip so a vehicle's headlights can reflect on it

Now the school understands what bright clothing is, they can take part in a competition for the brightest class. The competition should take place for an entire week and you should go round to each class every day to score how brightly dressed the pupils are out of 10. Announce the winning class on a notice board and hand them a trophy.



WALKING QUIZ

Test your knowledge about walking

1 What is the minimum amount of time children should spend exercising or being active everyday?

- a** 120 minutes (2 hours)
- b** 60 minutes (1 hour)
- c** 30 minutes (half an hour)

5 If you walked at an average walking speed of 5km an hour how long would it take to burn off a 220 calorie bar of chocolate?

- a** 10 minutes
- b** 42 minutes
- c** One hour 23 minutes

2 What is the minimum number of steps a child should be taking everyday?

- a** 12,000 (5.5 miles)
- b** 15,000 (6.5 miles)
- c** 10,000 (4.5 miles)

3 How many children in the UK walk to school?

- a** 90%
- b** 20%
- c** 48%

4 What is the average walking speed of an 11 year old?

- a** 1mph
- b** 5mph
- c** 2.5mph

1b/2c/3c/4b/5b

Do parents / carers stop on the yellow zigzag markings or in the road outside your school? If yes, then you can run this simple campaign.

1. In your classroom have the pupils create a banner or design a poster to go outside the school gates
2. The message should be aimed at parents and should encourage them to park away from the school and walk for the rest of the journey
3. Your teacher (or borough School Travel Advisor or Road Safety Officer) might be able to help get a banner printed and some car stickers for good drivers to display in their car
4. Display the banner outside the school gates
5. Use the Zig Zag count sheet to see if your campaign has made any difference



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