

Passport to Health

Lytchett Matravers Primary reduce car trips to school by 18% and increase walking by 14%



At Lytchett Matravers Primary School, the whole school celebrated Walk To School Week in May 2005 by walking around the village

Lytchett Matravers Primary School launched their long-term walking "passport to health" scheme in October 2004. This offers regular rewards and incentives and has encouraged over half the school to walk to and from school each day.

All pupils have a passport, which is stamped each time they walk to and from school. The village has been colour coded into zones and even children who come to school by car can now be dropped off in one of the three zones near the school to earn stamps for their passport.

The school has also marked out a "walking route" around the playground, so pupils travelling to school by bus can also participate in the scheme by walking measured distances within the playground.

Children can choose from a number of different rewards, depending on how regularly they have walked to and from school and the number of points they have collected on their passports.

Lytchett Matravers Parish Council has funded the rewards for the school's incentive scheme. All Parish Councils have funding under Section 137 of The Local Government Act which states that £5 per elector can be spent towards community projects, such as walking incentive schemes.

Deputy Headteacher David Dorrell who masterminded the project while working with a group of Year 6 children from the school said:

"Traffic at and around our school site has always been a problem. We have now found a way for our pupils and their parents to use their feet more and cars less all year round. Our aim is to continue to reduce traffic around the school and develop the health and fitness of children and parents!"



Lytchett Matravers pupils launching their "Passport To Health" scheme during Walk To School Week in October 2004

Lytchett Matravers pupils say the best bits about this scheme are:



The worst bits about this scheme are:



David Dorrell, Deputy Headteacher told us:

"The most difficult thing about running this scheme is ensuring cards are maintained, collected, checked and added to the database."

"We decided what incentives we would buy for the tuck shop, with discussions with the children, then we sat down with some catalogues and ordered them. The most popular incentive scheme has been the £5 gift vouchers. We have found that we have children that now walk every day, that are receiving their third £5 gift voucher since the scheme started."

"My top tip for setting up this scheme is that you have to have one person with overall vision, but with support from other teachers. The classes that have achieved the best results have been due to our enthusiastic teachers."

"Now this scheme has been running for nearly a year I will be making a couple of changes in the new term. This will include getting the help of one of our Teaching Assistants, to input the data from the passports and enlisting the help of the Lunch Supervisory Assistants to help the year 5 and 6 pupils with the lunch time card stamping and monitoring."

"I would say to schools that worry about how much time such a scheme will take up, that yes it will take a bit of commitment at the beginning to get the scheme off the ground, but now the scheme is run by the older pupils. You have to decide what the school's priority is"



Lytchett Matravers lunch time Year 5 monitors, stamping pupils passports to gain points for their reward scheme, pictured here in July 2005