



Help clean up the air around your school

STARS

A TfL COMMUNITY PROJECT

MAYOR OF LONDON



**TRANSPORT
FOR LONDON**

EVERY JOURNEY MATTERS



Introduction



About
STARS



Activities



Feedback



Get involved



Further info

Be part of TfL's Community Programme

Did you know the average journey to school is less than one kilometre? That's about a 10-minute walk. And many of these trips are made by car.

However, right across London, STARS schools are swapping these car journeys for active and sustainable travel – like walking, cycling and public transport. It's time to join over 1,600 schools who have already committed to more safe, active and sustainable travel!

In this pack you'll find all the information you need to get your school started, get moving – and go for gold!





Introduction



About
STARS



Activities



Feedback



Get involved



Further info

Empowering young Londoners



Transport for London (TfL) is the integrated transport authority responsible for meeting the Mayor's strategy and commitments to transport in London. The vision is to create a city for all Londoners – and transport is at the heart of this.

The Mayor's Transport Strategy (MTS) outlines plans to transform London's streets, improve public transport, and create opportunities for new homes and jobs. Similarly, at TfL, we want to encourage more young Londoners to walk, cycle and use public transport – which is why we created STARS.

TfL Community Project's ambition is to ensure every school is inspired to motivate more and more children to choose active, safe and responsible ways of travelling to school. Join STARS and – together – we can make London a better place to live.



Introduction



About STARS



Activities



Feedback



Get involved



Further info

STARS supports the Mayor's Transport Strategy



Mode Shift

Mode Shift refers to the MTS objective of making 80% of Londoners' trips sustainable by 2041.

Healthy Streets

Healthy Streets aims to improve air quality, reduce congestion and help make London a greener, healthier and more attractive place to live, work, play and do business.

Vision Zero

The Vision Zero aim is for no one to be killed or seriously injured on our roads, making London a safer place for everyone.

**VISION
ZERO**
Travel Safe. Save Lives



Introduction



About STARS



Activities



Feedback



Get involved



Further info

What is STARS?

STARS stands for Sustainable Travel: Active, Responsible, Safe.

It's an accreditation scheme for schools, nurseries and colleges, designed to inspire young Londoners to travel sustainably, actively, responsibly and safely.

STARS is your opportunity to make a real difference to your community. Each school is in charge of its chosen activities, with support from the London boroughs and TfL – and there are some great reasons to get involved.



8

great reasons
to join STARS:

It's fun!

Easy to get involved



Reduce congestion
at the school gates

Improve road
safety and air
quality

Choose activities
that reflect the
curriculum

Support students'
well-being

Recognition through
accreditation



Celebrate your
achievements and network
with like-minded schools

Supporting your journey

It's time to start your school on its journey towards more active and sustainable travel! Are you ready? It's easy to begin and you will be supported throughout.



Introduction



About STARS



Activities



Feedback



Get involved



Further info

We're here to help you

- Your Borough Officer
- Your Healthy Streets Officer

We provide support and resources

- Easy-access website
- Wide variety of inspiring activity cards
- Liaise directly with STARS schools
- Providing support and encouragement

Teachers/School Champions

- Deliver STARS activities and track progress towards accreditation
- Share learnings and results



Introduction



About
STARS



Activities



Feedback



Get involved



Further info

How will STARS make your students' lives better?

STARS won't just improve the local community, it'll also have a positive impact on your students. What better reason to get involved!

The Mayor's Health Inequalities Strategy reveals one in three children are overweight by the age of 11. However, their journeys to school could contribute towards the 60 minutes a day of physical activity recommended by the UK's Chief Medical Officer.



Improve emotional health and well-being – and even academic achievement!

- Just 15 minutes of aerobic exercise by 9- and 10-year olds can lead to a significant increase in positive mood, which can impact many areas of their lives.
- Students who walk or cycle to school perform better academically.

Improve physical health

- Help maintain a healthy weight.
- Make students more likely to become active adults.



Introduction



About
STARS



Activities



Feedback



Get involved



Further info

How will STARS benefit your school?

Activities meet Ofsted requirements

It's crucial for your students to learn how to stay healthy, both physically and emotionally. The Ofsted framework has changed to prioritise this – and STARS activities will help too.

Travel Planning

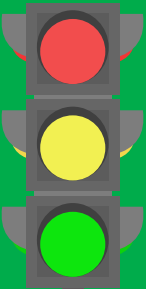
Develop your downloadable Travel Plan, with STARS:

- Map out how you plan on tackling your school's travel issues and encouraging active and sustainable travel.
- Your Travel Plan will document all the activity that goes into achieving accreditation.

Support students' studies

120+ inspiring activities to choose from on the STARS website:

- 35+ of the recommended activities are aligned with the curriculum.
- Teachers are supported in creating positive behaviour change.





Introduction



About STARS



Activities



Feedback



Get involved



Further info

How will STARS benefit your local community?

Improve air quality

London's toxic air is damaging growth in children.

Better behaviour and safety awareness

Through STARS, you will teach your students how to safely cross roads, ride bikes and respect others on the TfL network.

Better connected

- Use partnerships and promotional activities to create real change in your area.
- Lobby your borough, partner with charities or speak to the local press and spread the word about your active and sustainable travel journey.



See what other STARS schools have achieved:

6% average reduction in the number of trips to school made by car

4% average increase in active and sustainable travel

Up to 12% reduction in car use in gold and silver accredited schools



Introduction



About
STARS



Activities



Feedback



Get involved



Further info

How to get to Bronze, Silver and Gold



Bronze

Ready to begin your journey to a healthier, safer school environment?

Achievements:

- Complete 10 travel activities
- Complete 6 supporting activities
- Set at least 2 active and sustainable travel targets to see a movement away from car use
- Evidence must be provided for each completed activity



Gold

It's time to join the top 10% of London schools who are setting high standards and inspiring others to transform their travel habits! Now, you can fully engage the wider community to promote best practices and see a measurable reduction in the number of journeys made by cars every day.

Achievements:

- Complete 25 travel activities
- Complete 15 supporting activities
- Complete 8 consultation activities
- Demonstrate either at least 6% modal shift away from the car, or at least 90% of students travelling actively
- Evidence must be provided for each completed activity



Silver

Influence travel behaviours: it's time to get the wider school community on board and see students, parents/ carers and staff moving away from car use.

Achievements:

- Complete 20 travel activities
- Complete 10 supporting activities
- Complete 5 consultation activities
- Demonstrate a shift away from car use
- See students actively involved in planning and running travel activities
- Evidence must be provided for each completed activity

Get started with these travel activities



Introduction



About STARS



Activities



Feedback



Get involved



Further info



[Click here to explore over 120 STARS accredited activities](#)

Supporting activities

There's a range of supporting activities to help you on your way to accreditation:



Introduction



About STARS



Activities



Feedback



Get involved



Further info

Partnership

Why not partner up with local charities and organisations – like the police or your borough – to get your activities up and running? Or take your students to a fun, interactive TfL or borough school travel event?

Promotion

Want to encourage parents/carers and the local community to get involved too?

Funding

Put the 'fun' into fundraising. Speak to your borough about potential grants!

Consultation activities

Get support on setting travel policy, and advice on how to encourage the SLT, governors, staff, parents/carers and local community to participate in and support planned activities.

Curriculum

Why not take active and sustainable travel into the classroom, with these handy lesson plans and classroom resources?





Introduction



About
STARS



Activities



Feedback



Get involved



Further info

Feedback from schools and teachers...

"We saw public transport use rise – from 59% in 2017/18 to 72% in 2018/19. That's almost 200 more students travelling by bus after the campaign."

"It's brilliant to see such large groups of children, all in their hi-vis jackets, walking to school together!"

"We've seen a modal shift of students travelling to school actively – up from 45% to 59%."





Introduction



About STARS



Activities



Feedback



Get involved



Further info

Feedback from schools and teachers...

“We want to make sure children and their families are proactively using our School Travel Plan, as every change makes a difference. We realise how influential we can be as teachers.”

“The website is very clear and easy to use. It’s great to have so many examples of activities.”

“Let’s walk to school more often!”

“The STARS programme has become a huge part of school life.”

Let’s do more walking to school





Introduction



About STARS



Activities



Feedback



Get involved



Further info

Feedback from our partners...



We work with partners who help implement STARS and/or encourage schools to join the programme:

“It’s great for the children’s physical and mental well-being, good for the air they breathe and cuts congestion around schools. Young people from STARS schools are healthier and happier as a result.” – **Sustrans**

“STARS is a key part of the work that many organisations are doing to help make our incredible city healthier and more family-friendly.” – **Child Obesity Taskforce**

Living Streets successfully runs WOW – our year-round walk to school challenge. “WOW typically results in 23% more children walking to school and a 30% reduction in cars, and goes towards schools achieving their STARS accreditation.” – **Living Streets**

“Healthy Schools London and the TfL STARS programmes support London’s schools to provide an environment and culture that helps their students grow up to be healthy and happy, and learn.” – **Healthy Schools London**





Introduction



About STARS



Activities



Feedback



Get involved



Further info

How to get involved

1. Register

Create a STARS account for your school

2. Explore

Be inspired by what other schools have been doing

3. Get active

Choose from a whole host of adaptable walking, cycling and scooting activities and other sustainable travel options

4. Tell your story

Showcase your activities to let everyone know what you've been up to



Your TfL community projects

There's a range of community projects that can help you and your school on your journey towards accreditation. **Click** on the sections below to take a closer look:



Introduction



About STARS



Activities



Feedback



Get involved



Further info



STARS JUNIOR TRAVEL AMBASSADOR A TfL COMMUNITY PROJECT

- Aimed at Year 6 students and their parents/carers.
- Students apply to become a JTA.
- This is a more direct approach to promoting independent travel.
- Your Road Safety Officer will offer support on promoting safer, active and independent travel.
- Students are responsible for promoting active and sustainable travel, walking, cycling or scooting, and road safety.



STARS SAFETY AND CITIZENSHIP A TfL COMMUNITY PROJECT

- We provide a free-of charge transport education service to schools within London.
- Aims to promote safe, responsible and respectful behaviour on and around London's transport system.
- We provide a range of services to schools and community groups in London.
- Including in-school presentations and Junior Citizenship Schemes, community events and restorative justice.
- A free presentation service is also offered to all of London's primary schools.



STARS YOUTH TRAVEL AMBASSADORS A TfL COMMUNITY PROJECT

- We provide young people aged 11 to 19 with the skills and confidence to address transport issues affecting their school community.
- Students research and develop campaigns to change people's behaviour, focusing on walking and cycling, road safety and improving passengers' experiences.
- Schools usually recruit between 6 and 12 YTA students to run these campaigns over the course of the academic year.
- The scheme is run by the London Transport Museum and supported by TfL.

Is there a nursery at your school? Did you know TfL offers a free road safety education resource for preschool-aged children, which is available to all nursery settings, childminders and parents.

Get started with this simple checklist

Start making a change today!



To take part in the scheme, start by creating a **STARS online account**.



You'll then be put in touch with your **local borough officer or Healthy Streets Officer**.

They will support you throughout the accreditation process, to:

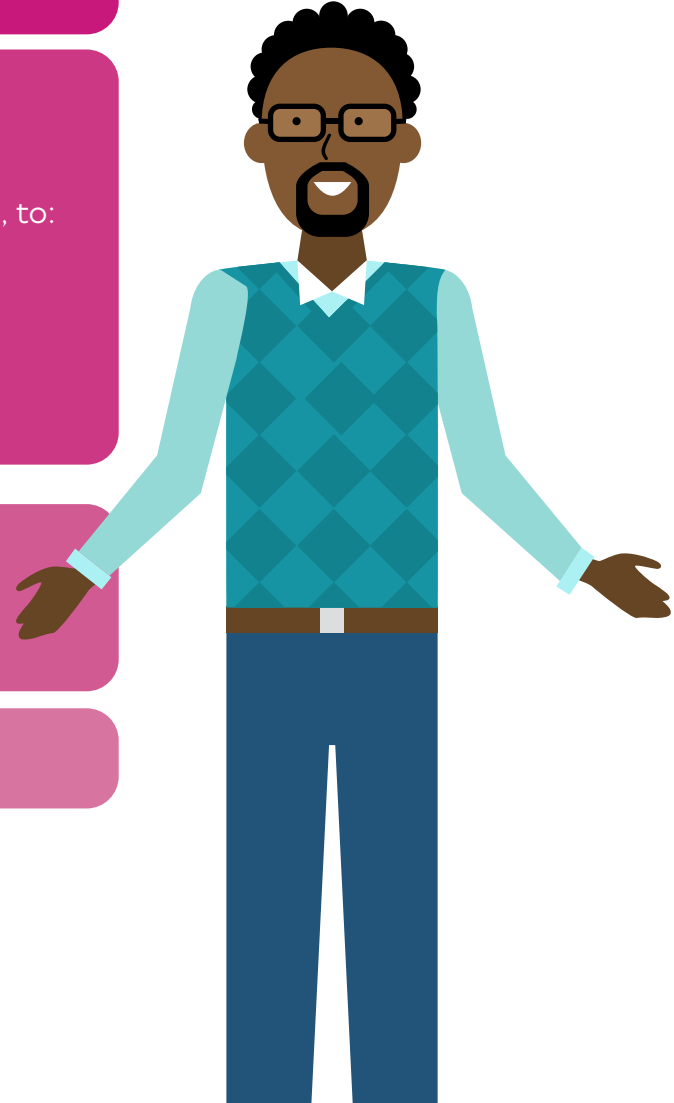
- help you create your School Travel Plan
- help you to deliver your travel surveys
- help you select the most suitable activities
- help address your travel issues
- help you achieve your active and sustainable travel targets



Explore the different activities. Each one you complete takes you a step closer to gaining **STARS accreditation**.



Visit **STARS.tfl.gov.uk** and start exploring.



Introduction



About STARS



Activities



Feedback



Get involved



Further info



Introduction



About
STARS



Activities



Feedback



Get involved



Further info

We're here to help you

The STARS team is excited about your journey towards more active and sustainable travel. Get in touch if you have any questions or need more information.

STARS Inbox: SMBStars@tfl.gov.uk

STARS Website: STARS.tfl.gov.uk



