

# Everyone can help make our air cleaner!

## Actions CHILDREN can take

### Travel to school

- ✓ Walk, cycle or scooter to school! It is good exercise and can reduce air pollution.
- ✓ Use public transport: take the bus, tube or train instead of the car.
- ✓ If you have to travel to school by car, try car-sharing with other friends.



### No idling

- ✓ If you have to be picked up by car, tell your parents not to leave the engine on while they wait for you. This is called 'idling' and it is a big cause of air pollution around schools. Turning off the engine could reduce air pollution and also save your parents' money.
- ✓ You can design signs and posters to tell people 'no idling' around your school.



### Spread the word!

- ✓ Discuss air quality issues with your teachers, friends and family.
- ✓ Make sure everyone you know is aware of the dangers of air pollution.

### Simple actions at home!

- ✓ Energy saving actions: such as switch on equipment only when needed, set the thermostat at the lowest comfortable temperature within an average of 18°C and 21°C. These simple actions can reduce CO2 emitted which contribute to air pollution.

## Actions PARENTS & TEACHERS can take

### Promote sustainable travel

- ✓ Encourage your children and their friends to walk and cycle.
- ✓ Encourage friends and family to walk and cycle or car-share.
- ✓ Reduce the amount your family uses the car.
- ✓ Discuss air quality issues with your school, friends and family.



### If you must drive

- ✓ Fully inflate car tyres so your car uses less petrol.
- ✓ Switch the engine off while waiting for your child after school.
- ✓ Ensure that you have your vehicle serviced at regular intervals.
- ✓ Try to use your car less frequently to reduce pollution, particularly for journeys under 2km.
- ✓ Don't start your engine until you're ready to travel. Turn the engine off if you are waiting or stuck in a traffic jam.
- ✓ Avoid rapid acceleration and heavy braking: they both increase fuel consumption and air pollution.
- ✓ Stay within the speed limit: you use 30% more fuel to travel the same distance at 70mph instead of 50mph.

