



Dear God,

We thank you for the gift of active travel and the joys it brings.

We pray you keep us safe as we travel in the dark.

Help us to make good choices that let drivers see us clearly.

Help drivers to drive with care and attention.

Travel beside us and keep us safe.

Amen.

PH- Welcome to our Active Travel service.

RJ- Today we would like to talk to you about being safe in the winter when you are out and about.

LH- Our message to you today is **BE SAFE, BE SEEN**.

IS- During the winter, it gets dark quickly in the evening.

SR- This means that you might be out and about in the dark. Perhaps you might be popping to the shop, walking home from the park or walking the dog.

EO- Did you know it can be REALLY difficult for other people to see you, especially drivers as they drive past.

PH- This can be really dangerous so we need to make sure we can be seen clearly. We are going to show you some ways you can do this. Remember - **BE SAFE, BE SEEN**

MRS SHELMERDINE

RJ- Firstly you can make yourself be seen by wearing bright coloured clothing. Dark clothing is hard to spot in the dark. (Eddie to model light clothing)

EO- Second, wearing something reflective will help you really be seen when lights shine on you. (Ryan to model reflective jacket and snap bands – these are already in school)

SR- Thirdly, having a light with you allows you to be seen from further away. Perhaps you have a torch, a hat with a light or even your phone can act as a light.

(Imogen to model her hat with the light – torch and phone already in school)

PH -Finally, if you do go out in the dark quite often, perhaps you could think about buying some special equipment like light up bands or running lights.

(Sophia to model running lights. Leo to model light up bands. Both already in school)

LH- One other thing to think about is if you are out on your bike. It is important to make sure you have working lights and reflectors.

(Preston to show his own bike with lights and reflectors)

MRS SHELMERDINE

SR- We would love to hear your ideas of how we can have more active journeys to and from school.

IS- We have made some suggestion boxes for you to pop your ideas in.

EO- The boxes will be checked regularly and we will look at the ideas as a team and let you know if we can do any of them.

All- Thank you for listening to our service, remember - **BE SAFE, BE SEEN**

