Developing a Toolkit for Schools: Lessons from London, Nairobi & New Delhi

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Strategies for Cleaner Journeys to School: Evidence, Advocacy Action

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‘A think and do tank’ that provides organisations and networks of individuals with the motivation, knowledge and connections they need to put sustainability into practice.

Last year 2016/17

- 146 Community groups
- 3,112 people trained
- 4,407 volunteers
- 15,799 Londoners benefitted
Our Approach

Co-production

Champions

Peer-to-peer engagement (social networks)

Appealing to values, aspirations and drivers

Working with the most vulnerable

The 4Es (DEFRA, 2008)
To develop transferable solutions-based approaches to reducing the detrimental impacts of air pollution on the health of children and other vulnerable residents with an international pilot in London, Nairobi & New Delhi

Aims

- Increase Awareness
- Educate
- Support Behaviour Change
The Pollution Challenge

- Awareness
- Invisible problem
- Finite Pool of Worry
- Habits
- Infrastructure
- Planning & policy failings
• Vulnerable groups
• Journeys to School
• School community
• Key-life changes
• It’s effective (NICE, 2016)
• Curriculum-based
• Careers & extra-curriculum
• Travel choice
Air quality champions engage in practical activities to understand the challenge of air pollution and take ownership over the problem/solution.

Integrated approach to shifting attitudes and behaviours

Recognising achievement and Leadership
Air Quality Champions empowered and encouraged

Engage

Encourage

Enable

Co-production & citizen science
Pupils are given the tools and make choices on where to measure, act and how they want to communicate the project

Leading by example
Air Quality Champions share solutions and ideas with the wider school community

1. Exploring
2. Analysis
3. Action
Common Methodology

- **Schools AQ Champions**
- **Lessons and Citizen Science**
- **Mapping Pollution**
- **Analysis**
- **Action Plan**
- **Outreach**
- **Engagement**
  - Assemblies
  - Engagement
  - Champions identified
- **Evaluation**
  - Pupil and parent Surveys
  - Travel options
- **Citizen Science**
  - Diffusion Tubes
  - Protocol
- **Teaching Staff**
  - Engagement of teachers
  - Investing time
Results

- The project filled a knowledge gap for the students and improved understanding of air pollution.
- Parents and pupils are more aware of road safety than air pollution.
- The project enabled students to take action on air pollution and develop strategies and resilience to the problem.
Active travel and eating better

• Maintain a **healthy diet** as a way of life
  – At least 10 portions of fruit and vegetables (aim for 20!)

• Maintain **exercise** as a way of life
  – 150 minutes exercise a week
  – Active Travel: Walk, cycle or scoot

• **Avoid polluted routes and high pollution**
  – Exercise earlier in the day when pollution levels are lower
  – Avoid main roads and pollution sources, and when possible use parks, and side and backstreets
Our updated Toolkit

• External review
  – Imperial College London students

• Contribution from stakeholders
  – GLA, City of London, TfL STARs team, London Borough of Southwark, London Borough of Islington, Loop Labs, Sustrans & Groundwork
Our updated Toolkit

• ‘Pick & Mix’ Approach
• Improved guidance & comms support
• New activities, lesson plans & resources
• Improved scientific protocols
• “Healthy and resilient” messages
• External links & updated curriculum
  ✓ GLA Healthy Schools London Awards Initiative particularly healthy food choice, physical activity and active travel
  ✓ TfL STARS programme
  ✓ Mayors Transport Strategy & Healthy Streets Check
Recommendations

- Bring benefits of Cleaner Air 4 Schools to other cities
- Greater focus on civic engagement, inclusion in Citizenship, PHSE or equivalent lessons.
- Children as agents of change and empowerment
Thank you and keep in touch