What's the problem?

Exposure to elevated levels of NO_2, has a cumulative long term effect on respiratory health. Parents and children who regularly travel through pollution hot spots during peak times are at greater risk compared to those who travel off peak or via alternative routes.

The effect of pollution is compounded by the ability of vehicles to retain and in some cases concentrate NO_2 in the car.

Tips on how to protect yourself

DON'T DRIVE– WALK OR CYCLE INSTEAD. People in cars breathe more pollution than people who walk. Even cyclists breathe less pollution than car drivers.

www.walkit.com
for lower pollution walking routes

Remember your inhaler.
If you have asthma, don't forget your inhaler as you may need it if air pollution is particularly bad.

PLEASE don't leave the car engine running when stationary. It's a waste of petrol, money and it pollutes the air you breathe.

KEEP AWAY FROM TRAFFIC

Walk on roads with less traffic if you can. Sometimes residential / back streets where people live have less traffic and less pollution.

PARK & STRIDE If you have to use the car, try not to drive all the way to school, as this adds to the amount of air pollution in the local area, especially at the school gates. Park outside the **5 - MINUTE WALKING ZONE** and walk the rest of the journey to school. This way you get some exercise and the street outside the school is safer because it has less traffic.

Sign up to AIRTEXT This free service will send a text message to your phone to warn you if pollution levels will be high . **www.airtext.info**

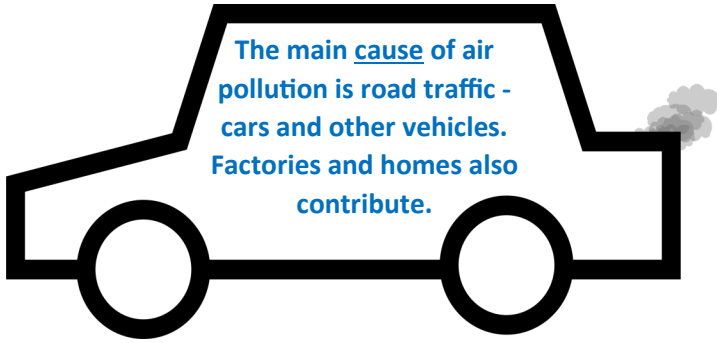
How polluted is our local air?

Since the November this year, our year 5 and Right's Respecters have been involved in the Redbridge Air Action Programme - working together with other Redbridge schools to investigate how clean the air is in our local area. They have also thought about the things we can do to reduce our exposure.

The health and wellbeing of students and staff is important and so we decided to get involved. Here's what we did:

Pupils took measurements of the air pollution at 6* locations around our school using diffusion tubes. These tested for Nitrogen Dioxide (NO_2) gas, which is a pollutant.

Diffusion tube



Diffusion tube locations	No_2 Concentration (ug/m^3)*
Marston Road	24.47
Hurstleigh Gardens	27.45
Corner of Wensleydale and The Glade	28.72
Outside School on Atherton Road	33.92
Outside 67 Ewellhurst Road	36.74
Outside 211 Clayhall Road	47.55

**Averages of 3 diffusion tubes per location.*

OUR FINDINGS!

The minor roads of; Marson Rd, Hurstleigh Gardens, Wensley-dale and The Glade showed the **lowest** pollution readings. Clayhall Road showed the **highest** reading.

One diffusion tube had amounts of NO_2 which would be over the EU annual emissions limit if they remained this high for 12 months. EU limits are in place to protect our health.