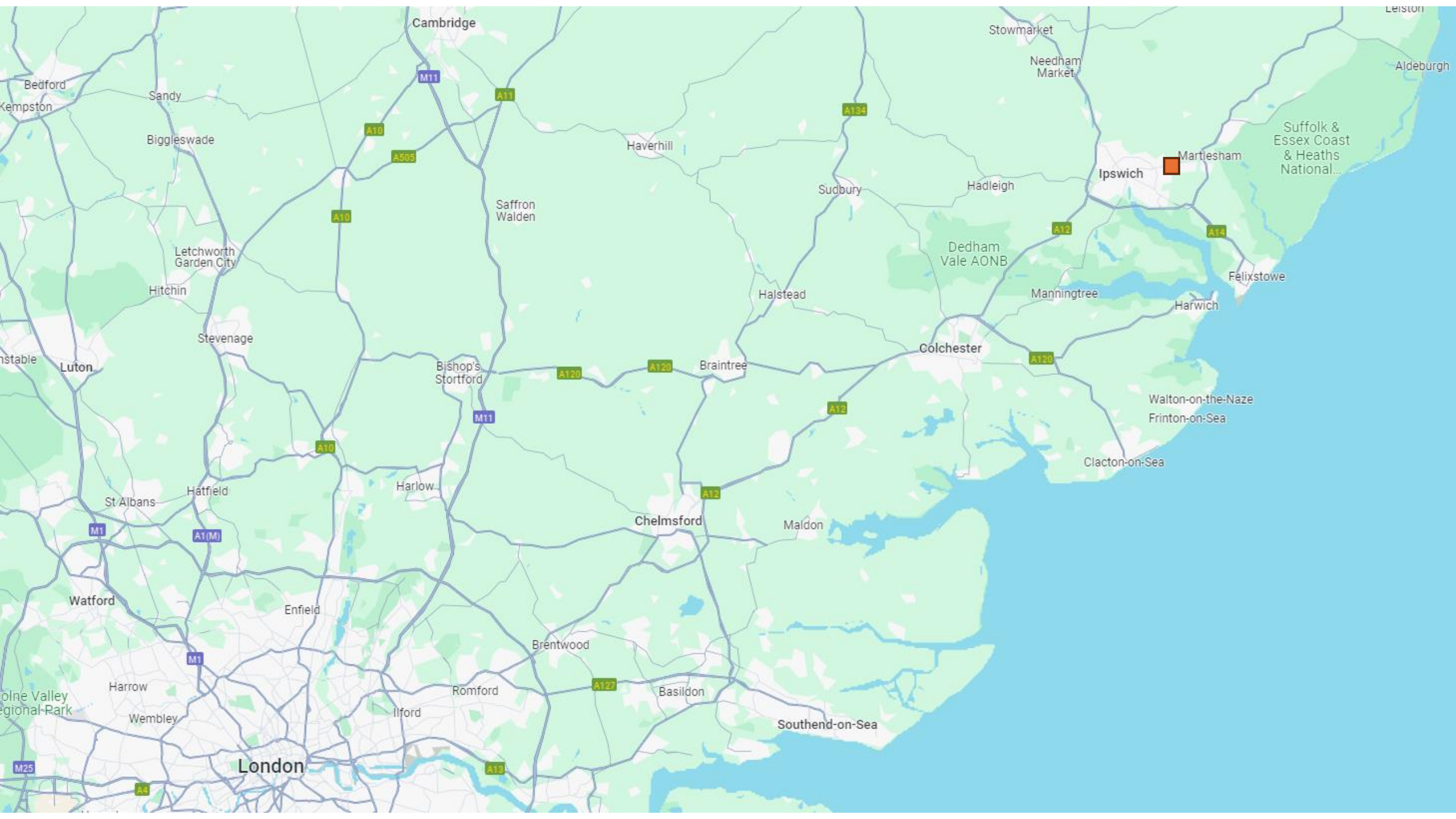




KESGRAVE HIGH SCHOOL



- **Characteristics:**
- Over 1850 students
- 308 in each Year group
- 350 in the 6th Form
- 9 feeder primaries but we take students from over 25
- Highly oversubscribed
- 12% FSM, 15% PP, 28% SEN
- **900 students cycle to school**
- **600 walk to school**
- **Staff commutes – cost effective**
- We serve a highly populated community to the East of Ipswich



Cambridge

Stowmarket

Needham Market

Aldeburgh

Bedford

Sandy

M11

A11

A134

Suffolk & Essex Coast & Heaths National...

Biggleswade

Haverhill

Martlesham

Ipswich

Letchworth Garden City

Saffron Walden

Dedham Vale AONB

Felixstowe

Hitchin

Sudbury

Hadleigh

Stevenage

Halstead

Manningtree

Harwich

Stable

Luton

A10

A120

A120

Braintree

Colchester

A120

Walton-on-the-Naze
Frinton-on-Sea

St Albans

Hatfield

Harlow

M11

Bishop's Stortford

Chelmsford

Maldon

Clacton-on-Sea

M1

A1(M)

A12

Watford

Enfield

Brentwood

Maldon

Colne Valley Regional Park

Harrow

M1

A127

Basildon

Southend-on-Sea

Wembley

Romford

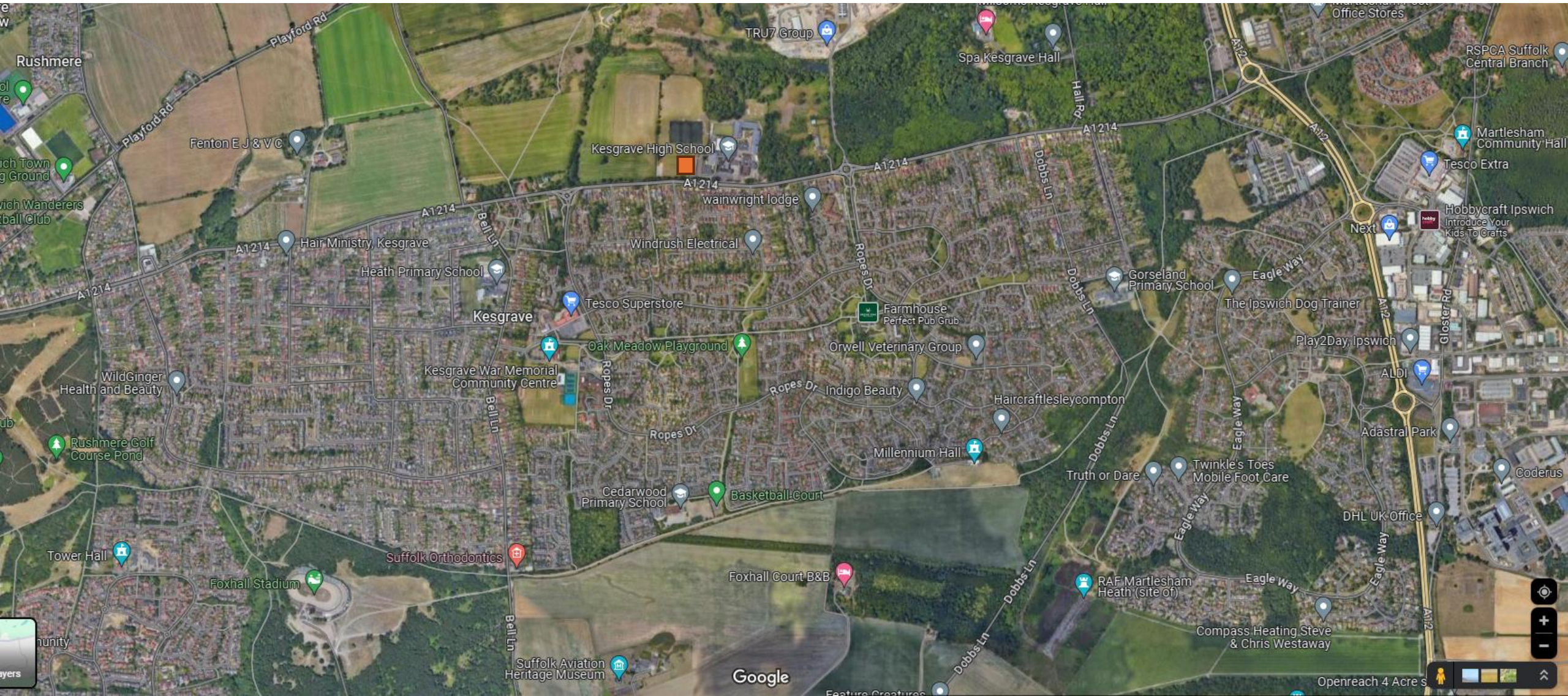
Ilford

London

A15

M25

A4



Rushmere

Wanderers
ball Club

WildGinger
Health and Beauty

Tower Hall

Community

Fenton E J & VC

Hair Ministry, Kesgrave

WildGinger
Health and Beauty

Foxhall Stadium

Suffolk Aviation
Heritage Museum

Heath Primary School

Kesgrave War Memorial
Community Centre

Suffolk Orthodontics

Kesgrave High School

wainwright lodge

Windrush Electrical

Tesco Superstore

Oak Meadow Playground

Cedarwood
Primary School

Suffolk Aviation
Heritage Museum

Windrush Electrical

Tesco Superstore

Oak Meadow Playground

Cedarwood
Primary School

Suffolk Aviation
Heritage Museum

Google

TRU7 Group

Kesgrave High School

wainwright lodge

Windrush Electrical

Tesco Superstore

Oak Meadow Playground

Cedarwood
Primary School

Foxhall Court B&B

Google

A1214

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Spa Kesgrave Hall

Orwell Veterinary Group

Orwell Veterinary Group

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

Hall Rd

Dobbs Ln

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Dobbs Ln

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Ropes Dr

Gorseland
Primary School

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

Gorseland
Primary School

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

Eagle Way

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

The Ipswich Dog Trainer

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

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Indigo Beauty

Millennium Hall

RAF Martlesham
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RAF Martlesham
Heath (site of)

Eagle Way

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

Play2Day, Ipswich

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

Play2Day, Ipswich

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

ALDI

Indigo Beauty

Millennium Hall

RAF Martlesham
Heath (site of)

RAF Martlesham
Heath (site of)

Openreach 4 Acre s





What have we done to
support cycling...



Gender neutral uniform – In 2004 ‘practical, relaxed and liberal’

THE KHS LOOK

We do enforce a strict uniform at Kesgrave. We believe that a smart appearance will contribute to the learning experience and, more often than not, makes a student stand a little taller.

A uniform also makes sure each child is equal, regardless of their financial status.

PE KIT

Choose from

- Vapour or Haze polo shirt
- Shorts or skirt (skirt and short combination)
- White sport socks
- Trainers (non-marking soles)
- Football boots

Optional items:

- Fleece
- Tracksuit bottoms – no stripes
- Rugby shirt for outdoor wear
- Football socks

www.swischoolwear.co.uk



BOYS

- Dark grey school trousers.
- Plain navy round-necked or v-necked sweatshirt or cardigan with school crest from PMG Schoolwear/COES.
- Light blue polo shirt with school crest from PMG Schoolwear/COES.
- Black socks – plain.
- Black shoes (not trainers, boots or plimsolls).



GIRLS

- Dark blue trousers from PMG Schoolwear/COES.
- Plain navy round-necked or v-necked sweatshirt or cardigan with school crest from PMG Schoolwear/COES.
- Light blue polo shirt with school crest from PMG Schoolwear/COES.
- Black socks – plain.
- Black shoes (not trainers, boots or plimsolls) - WITH LOW HEELS.



3 period day (100 minute lessons)

Our School Day

	Normal day	PSHE day
Form time	8:50am	8:50am
Lesson 1	9.20am	9.50am
Break	10.55am	11.10am
Lesson 2	11.25am	11.40am
Lunch	1.00pm	1.00pm
Lesson 3	1.45.pm	1.45pm
End of day	3:20pm	3.20pm

WELL-BEING FOR ALL

Our commitment to well-being starts with the route most students take to school. Over 80% of our students and staff walk or cycle to school, bringing physical and mental health benefits to them every day. This commitment to everyone's well-being continues through our six strands, which are interwoven into all aspects of school life. We recognise that just like our physical health, we can take positive steps to look after our mental health. We live through the strands of be: connected, energised, positive, open, generous and here.

BE Connected	BE Energised	BE Positive	BE Open	BE Generous	BE Here
Connectedness and strong relationships are vital for our well-being. Developing our social and emotional skills helps us to nourish relationships with ourselves and others.	Physical activity plays an important part in our mental well-being. A balanced diet, sufficient sleep and exercise all play a part in our mental health.	We all have strengths, sometimes we forget these. A positive view can help in relationships and work, and inspire others to be more creative and take more chances.	We will experience more if we are prepared to "give things a go". Failure, or not being perfect is part of learning. We don't need to be brilliant at something to get enjoyment from it.	Helping others has as many benefits to the giver as to the receiver. Helping others can be beneficial to us when we have our own struggles.	Taking notice of how we feel is an important stage in managing our well-being. To manage them we first need to recognise our emotions. We must "drop into ourselves".

From the day that they join us on transition, we consider building these skills, passing on our learning so that students stay healthy and hence can face new challenges and opportunities.

We also take the well-being and workload of our staff seriously, ensuring a content, healthy and committed workforce.



“Kesgrave is such a great school because there are a wide range of extra-curricular activities to do. Not only do you get to take part in all these activities, the teachers are also very supportive of you.

YEAR 11 STUDENT

We have invested in significant cycle storage
(capacity for over 1000 bikes)





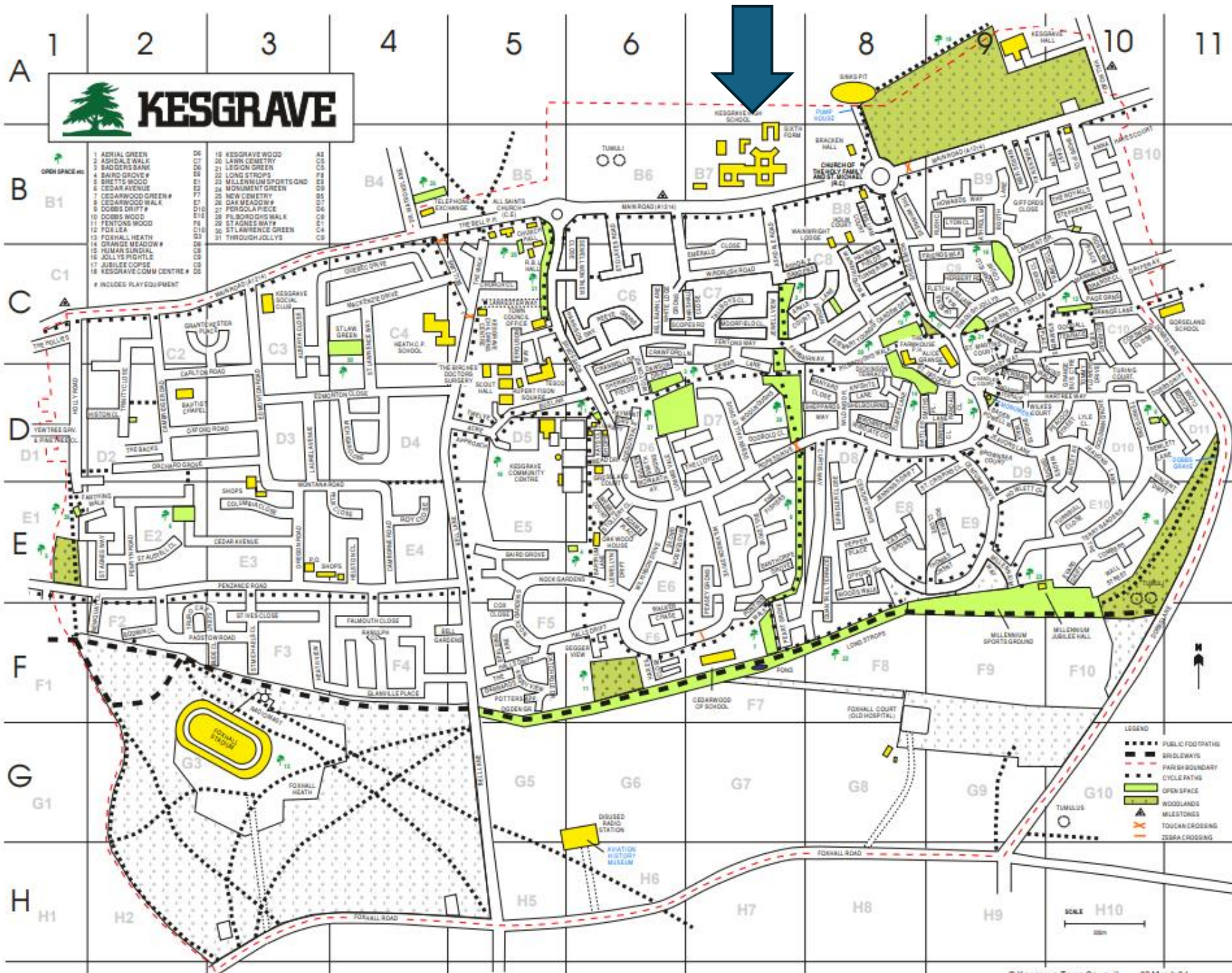
All bikes are secured during the day – no need for locks! CCTV in full operation



Staggered end of the day to ease congestion...

Local Authority





KESGRAVE

1 ADRIAL GREEN	D6	15 KESGRAVE WOOD	A2
2 ASHDAL WALK	D7	16 LAWN CEMETERY	C3
3 BACCHERS BANK	D8	17 LEGION GREEN	C4
4 BARD GROVE #	D9	18 LONG STROPS	C5
5 BIRETTYS WOOD	D10	19 MILLENNIUM SPORTS GND	C6
6 CEDAR AVENUE	D11	20 MONUMENT GREEN	C7
7 CEDARWOOD GREEN #	D12	21 NEW CEMETERY	C8
8 CEDARWOOD WALK	D13	22 OAK MEADOW #	C9
9 DOBBS DRIFT #	D14	23 PERGOLA PIECE	C10
10 DOBBS WOOD	D15	24 PL BORO GHS WALK	C11
11 FENTONS WOOD	D16	25 ST AGNES WAY #	C12
12 FOX LEA	D17	26 ST LAWRENCE GREEN	C13
13 FOXHALL HEATH	D18	27 THROUGHJOLLYS	C14
14 GRANGE MEADOW #	D19		
15 HUMAN SUNDIAL	D20		
16 JOLLYS FIGHTLE	D21		
17 JUBILEE COPSE	D22		
18 KESGRAVE COMM CENTRE #	D23		

INCLUDES PLAY EQUIPMENT

- LEGEND
- PUBLIC FOOTPATHS
 - BRIDLEWAYS
 - - - PARISH BOUNDARY
 - CYCLE PATHS
 - OPEN SPACE
 - WOODLANDS
 - ▲ MILESTONES
 - ⊗ TOUNAN CROSSING
 - ZEBRA CROSSING

SCALE 1:1000
100m

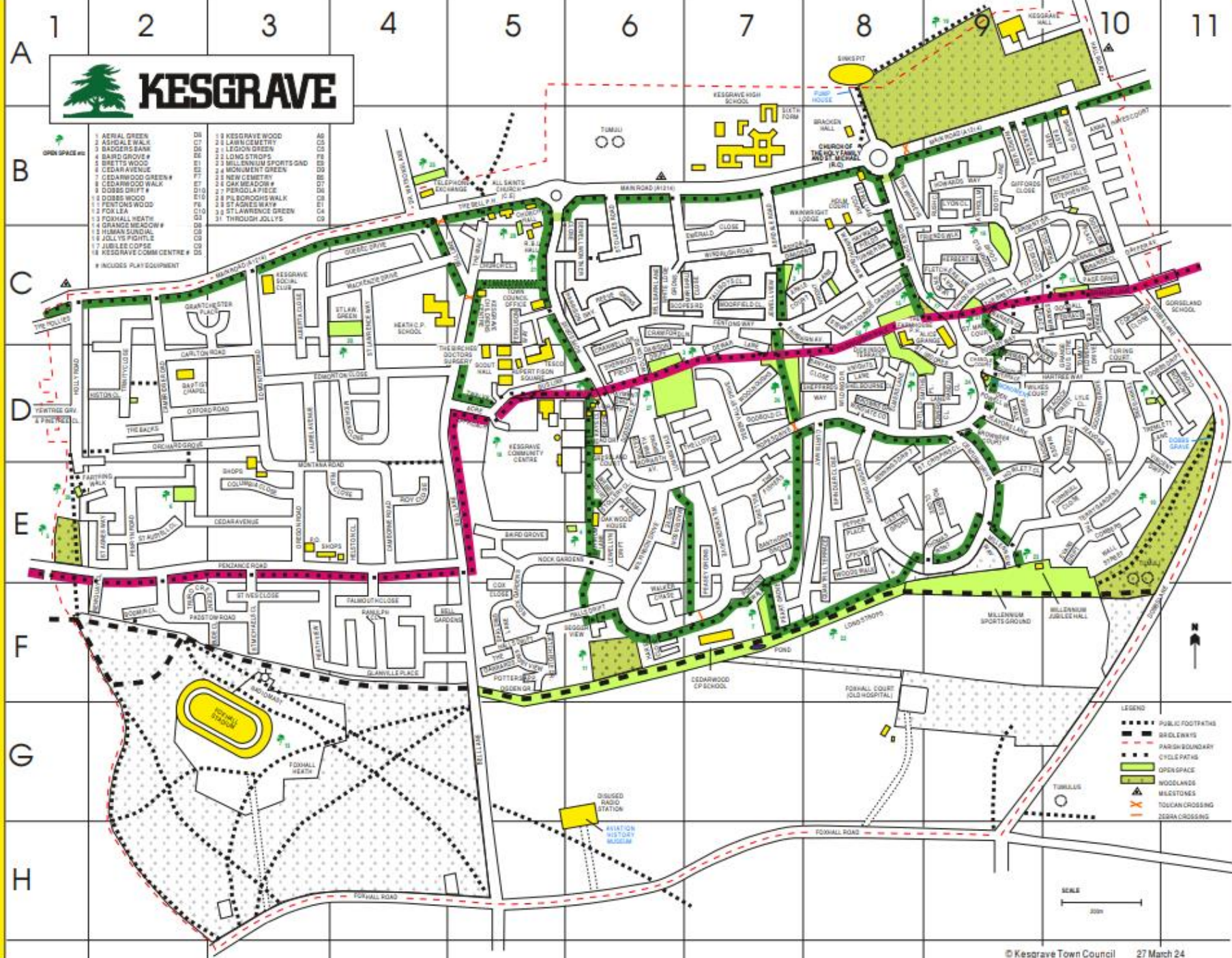


KESGRAVE

- OPEN SPACE NO.**
- 1 AERIAL GREEN
 - 2 ASHDALE WALK
 - 3 BADGERS BANK
 - 4 BARD GROVE #
 - 5 BETTIS WOOD
 - 6 CEDAR AVENUE
 - 7 CEDARWOOD GREEN #
 - 8 CEDARWOOD WALK
 - 9 DOBBS DRIFT #
 - 10 DOBBS WOOD
 - 11 FENTONS WOOD
 - 12 FOX LEA
 - 13 FOXHALL HEATH
 - 14 GRANGE MEADOW #
 - 15 HUBBARD GROUND
 - 16 JOLLYS FIGHTLE
 - 17 JUBILEE COPSE
 - 18 KESGRAVE COMM CENTRE #
 - 19 INCLUDES PLAY EQUIPMENT
 - 20 KESGRAVE WOOD
 - 21 LARIN CEMETERY
 - 22 LEGION GREEN
 - 23 LONG STROPS
 - 24 MILENNUM SPORTS GND
 - 25 MONUMENT GREEN
 - 26 NEW CEMETERY #
 - 27 OAK MEADOW #
 - 28 PERDOLA PIECE
 - 29 PH BOROOGHS WALK
 - 30 ST AGNES WAY
 - 31 ST LAWRENCE GREEN
 - 32 THROUGH JOLLYS

Rushmere St Andrew

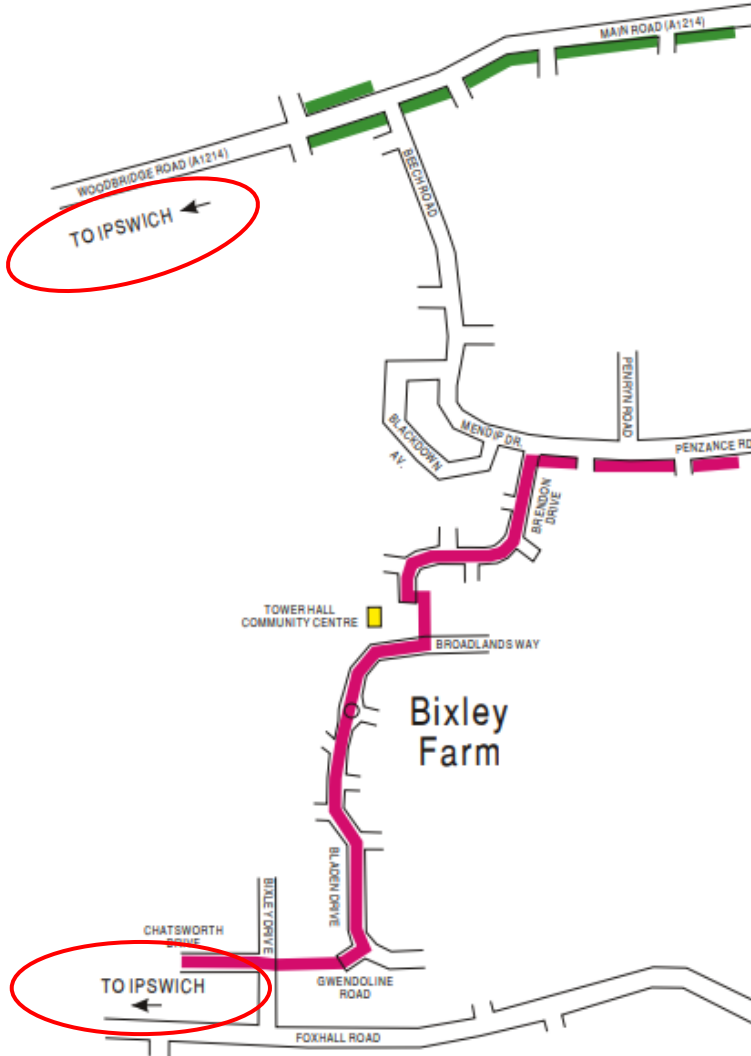
Martlesham Heath



- LEGEND**
- PUBLIC FOOTPATHS
 - BRICK LINES
 - PARISH BOUNDARY
 - CYCLE PATHS
 - OPEN SPACE
 - WOODLANDS
 - MAILESTONES
 - TOLLGATE CROSSING
 - ZEPHRA CROSSING



Rushmere
St. Andrew



- Key**
- National Cycle Network (Route 1)
 - On-Road Signed Cycle Route
 - Traffic Free Cycle Route



KESGRAVE CYCLE ROUTES

(See Reverse)

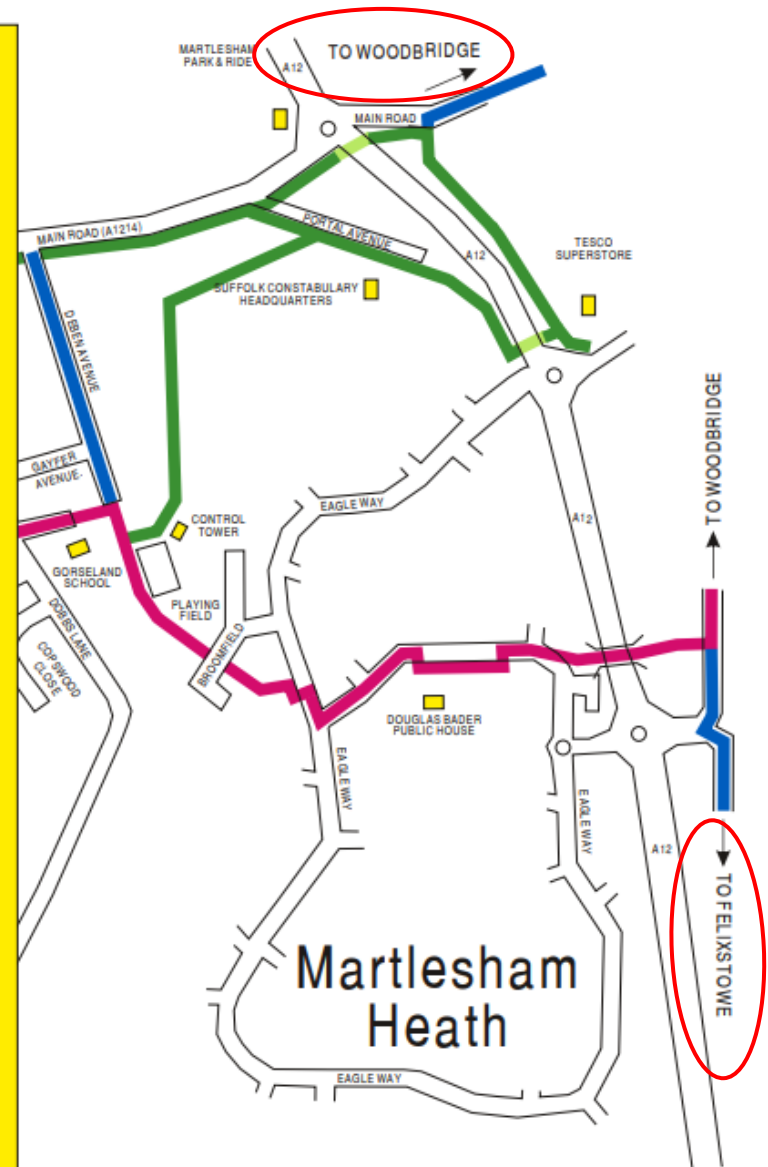
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www.kesgravetowncouncil.org.uk

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Information contained in this publication is believed to be correct at the time of printing.
Should you notice any mistakes please contact Kesgrave Town Council
Tel: (01473) 625179 Email: enquiry@kesgravetowncouncil.org.uk



Brightwell Lakes – Next to BT Headquarters – 2000 homes





Martlesham Park & Cycle

From Martlesham Park & Ride site you can now Park & Cycle. Free parking and secure cycle lockers on site to store your bike. [Find out more and apply for a cycle locker.](#)



Park & Cycle



Useful tips

A handlebar phone holder can be bought online from as little as £5. This is an excellent way to follow the routes like a satnav, but on your bike, making sure you can safely cycle the routes without getting lost!



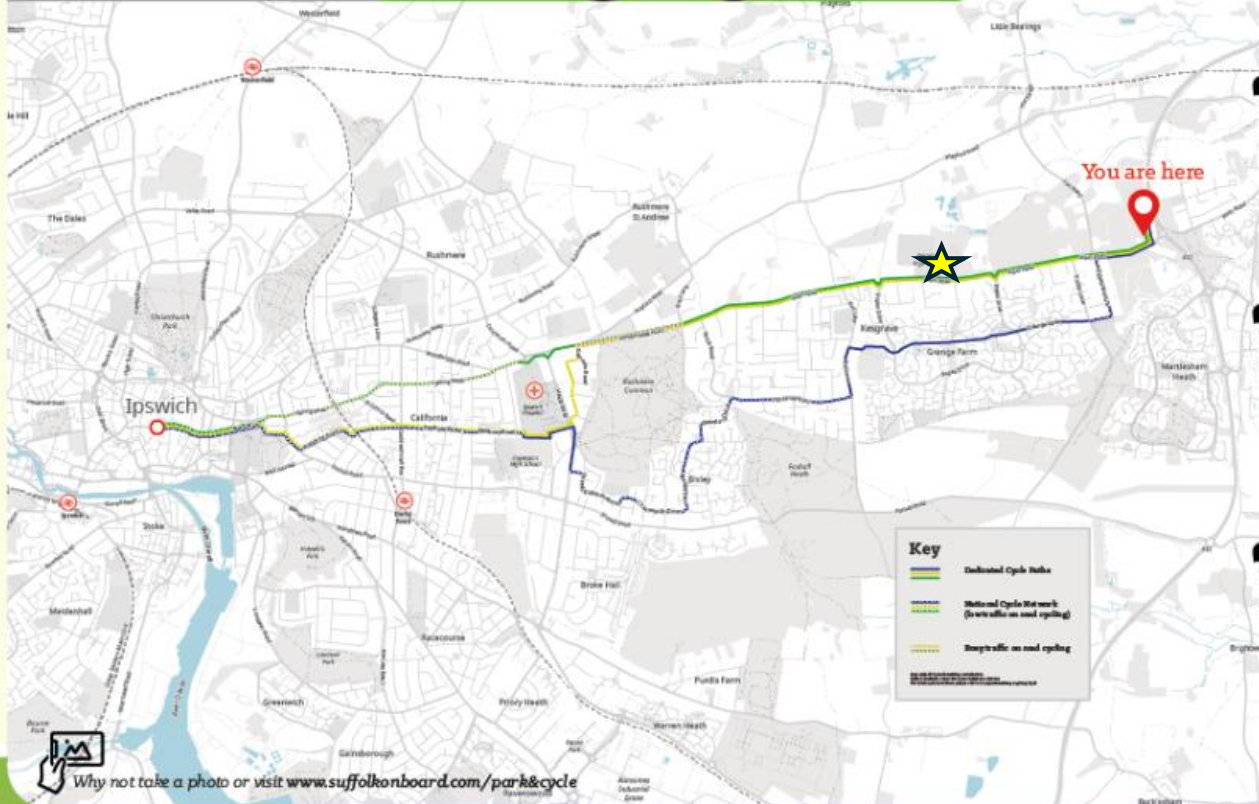
Ask about using one of our free bike storage lockers by emailing info@suffolkonboard.com

At first, try cycling once a week, maybe with a work colleague, friend or fellow bus passenger.



You can download our route navigation maps using the 'SCAN ME' QR codes.

- Download a QR code reader app if you don't already have one on your phone.
- To use the QR code files, you will need to download a gps navigation app. There will be plenty of free choices. We recommend a free app, designed for cycling called 'Komoot'.
- Scan the QR code for your chosen route.



Green cycle route



Direct route

Time: **29 mins**
Distance: **8.5 km / 5.3mi**

Yellow cycle route



Direct/low traffic mix

Time: **32 mins**
Distance: **9.3 km / 5.8mi**

Blue cycle route



Low traffic route

Time: **39 mins**
Distance: **11 km / 6.8mi**

Times are based on average speed of 17.3 kph / 10.7 mph

Key

- Dedicated Cycle Paths
- National Cycle Network (www.suffolkonboard.com/cycling)
- Busy traffic on road cycling



Why not take a photo or visit www.suffolkonboard.com/park&cycle





Cycle

Cycle town maps

Cycle parking map

Report a cycle route
problem

Cycling to school

Martlesham Park & Cycle

Suffolk Cycling Strategy

Websites for cycling

Cycle town maps

Get involved in Suffolk's cycling events and download free cycling and walking route maps for Suffolk

Encourage people to cycle more often and tell us why you love cycling and walking in Suffolk

Twitter @TWTGSuffolk or email thewaytosuffolk@suffolk.gov.uk



Ipswich



Lowestoft



Beccles



Bury St Edmunds



Mildenhall



Newmarket



Stowmarket



Sudbury