

Information on Walk to School Week

What is Walk to School?

Traditionally, it is a one-week campaign to raise awareness of congestion problems outside school.

Parents are encouraged to walk to school with their young children as often as possible during the week and beyond. If the journey is too far to walk, then the message is, drive partway and walk the rest – keep the school gate clear of traffic.

‘Walking to school’ is an exciting campaign asking parents, pupils and teachers to incorporate regular physical activity into their daily lives by walking to and from school whenever possible.

International Walk to School Week gives children, parents, carers, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking.

Walk to School Week is celebrated across the world. Not only will other pupils in Wigan and across the UK be taking part, there will also be pupils all over the world walking to school at the same time.

May and October are Walk to School months, which means your school can choose any week in May and any week in October to take part in Walk to School Week.

The earlier you plan it, the more successful the week will be. To make sure you monitor the scheme, don't forget to set up a passport control area/walking terminal in the school (based on an airport check in) where pupils who walk to school can get their passports stamped or ticked. You could do this at the school gate, or during dinner time. Use the passport control signs and resources in this package to set up your passport control area. There are downloadable certificates in this package, to reward everyone who walked.

Why Walk?

- Walking keeps you healthy and fit.
- If you walk to school you can chat along the way
- You can put your road safety training into practice,
- If you walk to school instead of travelling by car there will be fewer cars parked around the school. This is safer for children.
- Car exhaust pollution is bad for the environment and for us.
- You can see more of your local area.
- Walking is free, parents have to pay to drive cars.
- Walking to school wakes you up and you'll be ready to start your lessons.
- Even if it's raining, you can still walk to school – but don't forget your wellies and raincoat!

- Remember! If you live too far away from school to walk, then try to 'Park and Stride!', this means parking at a local car park or another area away from the school and walking to school from there.

For More detailed reasons about why to work, visit the document in the package called '**Reasons to Walk in More Detail.**'

Use the resources in this package to:

- Promote walking to school,
- Print off and display the posters,
- Organise assemblies,
- Get pupils to produce some flyers
- Hand out the walking passports.
- Set up your own 'Walking Terminal'

In the Folders included in this package you will find:

Resources - In this section of the package you will find the following:

- Badges - You are able to print off different badges for students who have walked to school.

- *Certificates* - Print off certificates for the end of Walk to School Week for the children who have walked.
- *Characters* - Cartoon characters who appear in this slide can be used for display boards at school etc.
- *Logo* - Walk to School Week Logo to use for display boards in school etc.
- *Passport* - Your school will be provided with passports, but this is the template if you need it.
- *Photographs* - Here you will find images of other schools taking part in Walk to School Week.
- *Posters* - These can be printed off to go up around school.
- *Signage* - Print off and use for your 'Check In/Arrivals' area, where pupils get their passports stamped.

Teachers Section - In this section of the package you will find the following:

- *Assembly* - A PowerPoint presentation to explain Walk to School Week to the pupils
- *Lesson Plan* - Lesson plan ideas for Geography, Literacy, Numeracy and a Poem, incorporating the Walk to School Week Theme.
- *Letters* - Includes a letter to Parents/Guardians explaining Walk to School Week.
- *Information on Walk to School Week*
- *Walking scheme ideas for the week.*

Feedback Section - In this section of the package you will find the following:

- Feedback Form for Students
- Feedback form for Staff Member.

Modeshift STARS (School Travel Plans) - In this section of the package you will find the following:

- Information on Modeshift STARS and School Travel Plans
- What is STARS?
- Achieving Modeshift STARS
- List of Initiatives
- Walk to School Week activities that count towards your Modeshift STARS accreditation

When the week is over:

- 1. Make sure everybody adds up the number of days they walked.*
- 2. Get everybody to fill in the right hand side of the passport, and tear it off.*
- 3. Make sure you collect all the tear-off sections.*
- 4. Add up the number of days people walked and fill in the feedback form.*
- 5. Make sure you answer the feedback questions as well, 'How did the week go?.'*
- 6. Get your teacher to fill in their feedback form.*
- 7. Post the two forms to your Local Contact.*

The contact at Wigan Council for your School's Travel Plan is:

Road Safety and Behavioural Change Team

Places: Economy, Waste and Infrastructure

Wigan Council

PO Box 100, Wigan, WN1 3DS

01942 488250

road.safety@wigan.gov.uk

If you need any further help with the week, or are struggling with an idea, please contact your School Travel Co-ordinator on the details above.

The future of Walk to School Week

With each campaign that passes, new schools sign up to the 'Walk to School Week' message. And it works:

- Promotion of the 'Walk to School Week campaign' does attract media attention, not just locally, but nationally and so brings the message to a much wider audience.
- Schools do want to combat the problem of traffic congestion
- Parents do want their children to benefit from regular physical activity
- Pupils do want to walk to school with their friends!

Despite all this, there is still so much more that can be achieved with the Walk to School Week campaign. More than half of our children are still not regularly walking to school. The number of cars involved in the school run is increasing and as a nation we are becoming less active.

Websites

If you are looking for extra ideas for the week, below is a list of websites which could help you out:

www.walktoschool.org.uk

www.iwalktoschool.org

www.walktoschool.org

www.safekidswalking.org.uk

www.sustrans.org.uk

www.livingstreets.org.uk

www.saferoutestoschools.org.uk

www.letswalktoschool.co.uk

www.schooltravelplans.org.uk

www.thinkroadsafety.gov.uk