



Walk to School information kit

www.transport.wa.gov.au/walking



Introduction

Congratulations on taking the initiative to promote more walking to your school community.

The Department of Transport's promotional message "Walk There Today" aims to encourage West Australians to replace short car trips with more active modes of transport, including walking, cycling or public transport. More than two out of three children are still driven to and from school each day, even though many live within two kilometres of their school - an easy 20 to 25 minute walk.

Schools could promote walking days throughout the year by encouraging school children and their families to walk to school as often as possible.

The walking trip between home and school contributes to:

- Reduced traffic congestion around schools;
- Increased opportunity for children to develop road safety awareness;
- Greater driver awareness of children around school zones;
- Reduced greenhouse gas emissions;
- Children's daily physical activity targets; and
- Family and social time.

As such, the Department encourage schools to promote more walking to the school community through this document which provides some event ideas you can organise for your school.

Schools could also contact the Department of Transport for free merchandise and giveaways as incentives to encourage more walking through our sponsorship program at <http://www.transport.wa.gov.au/walking/1540.asp>. If you need someone to advise you how to encourage or organise a walking event, please contact the Department's Walking Unit on 92168447 or 92168737.

Event Ideas

Below are some suggested group activities for your School *Walking* event.

Promote Walking in Your School Community

- Invite the Mayor to join your event.
- Invite the community newspaper to your school walk.
- Contact a local business to provide prizes for your event.

Walk to School Breakfast

- Provide healthy breakfast choices for your canteen, local bakery or fruit shop, as a reward for walking to school.
- Contact your local supermarket for potential sponsorship for the breakfast.
- Encourage students to bring healthy breakfast foods for an early morning picnic, after walking to school.

Challenge your school

- Organise an everyday challenge timetable. For example:
 - Monday** – Leave the school car park empty by walking all or part of the way to school or parking as far away from school as possible and walking part of the way to school.
 - Tuesday** – teachers to use an active form of transport such as walking, public transport instead of their car.
 - Wednesday** – reward the class that has walked the most.
 - Thursday** – reward the class that has walked the most metres (add up the metres walked or travelled by all those who walked to school. See which class has the highest distance).
 - Friday** – record the number of other family members who walk with you, see which class then has the highest number of participants.
- Have class, faction or year level based challenges to increase the number of students walking to school. Offer rewards such as a free dress day, or bonus faction points.
- Organise a walking competition around the school oval or have a competition against neighbouring schools.
- Organise a colouring in competition.

Magical Mystery Tour

- Incorporate walking and public transport when organising a school excursion.
- Take your class on a walking tour of one of the Heritage Councils many heritage trails.
www.hpstrails.com.au

School Newsletter Templates

Before your event, inform all parents and guardian through the school newsletter. Here is some information you can include in the school newsletter.

Each year in Perth, more than 90 million private car trips of less than one kilometre are made. More than two out of three children are still driven to and from school each day, even though many live within two kilometres of their school - an easy 20 to 25 minute walk.

We would like to see as many students and their families walk part or all of the way to school on this day.

A good reason to participate!

If we all changed just one or two car trips a week to active transport, such as walking, cycling or public transport, we could help reduce traffic congestion, make the roads around the school safer and contribute to a reduction in air pollution while living a healthy and active lifestyle.

After the event, congratulate all Walkers!

After your school walking event, congratulate all the families and children who participated in the event.

Make an announcement at the school assembly and in the school newsletter to acknowledge the efforts put in by everyone.

Some wording would include:

More than **(INSERT YOUR NUMBER HERE)** students took up the challenge to walk all or part of the way to school.

Special thanks to all the families and teachers who helped organise the activities.

Remember walking is free, it's better for the environment and it keeps our bodies fit and healthy!

Walk to School Day Honour Roll

Student Name

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2.	
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30.	

Total no. students in class: _____

No. participating students: _____

Percentage _____%

**Walk There Today
Colouring in Competition**

WALK
there today



**WALKING TO
SCHOOL IS FUN**

**Walk There Today
Colouring in Competition**

