



Travelwise  
School

# Walking Ideas Booklet

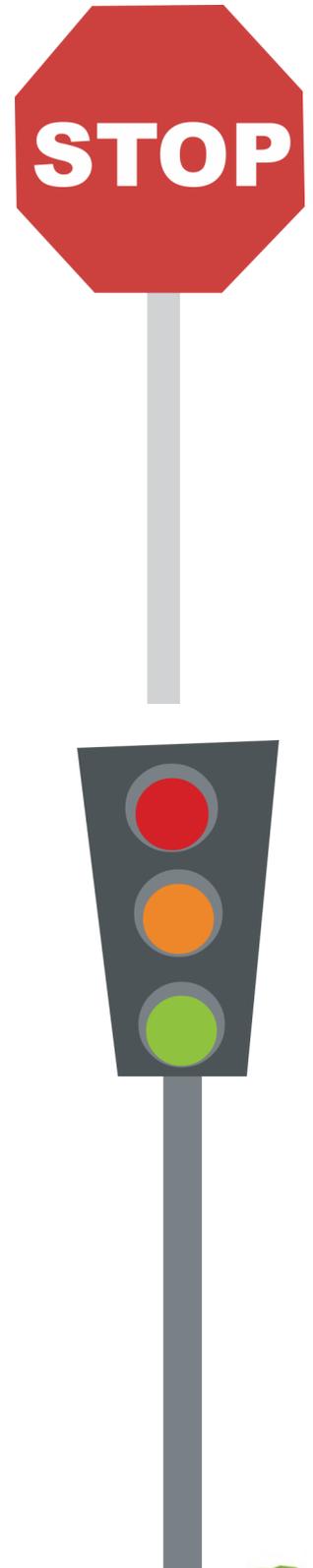
A selection of projects that support  
walking to and from school





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# Car Free Days

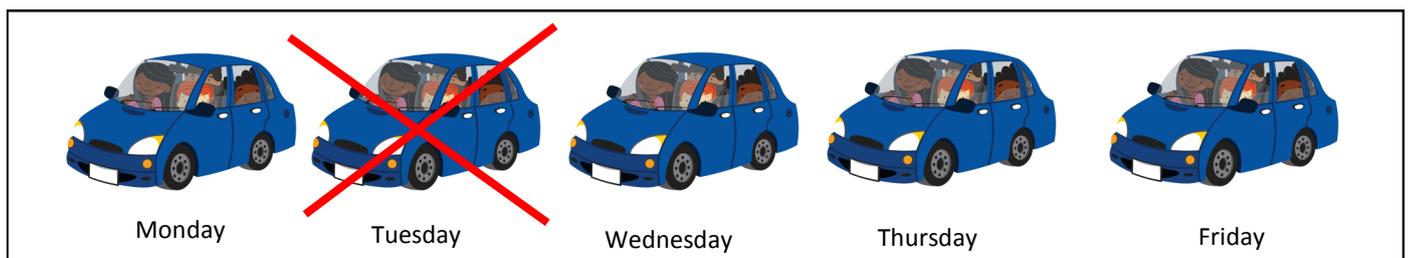
*One day without a car is better than none*

Have families who usually drive nominate one day a week as a 'car free day'

**Aim:** To encourage those who drive to school to commit to changing their behaviour for just one day a week.

**Method:**

1. In class, children draw 5 cars along a strip of paper. They should write each day of the week under one car as below.
2. On a piece of card each student creates an 'X' just a little bit bigger than one of their cars. They colour it in red and cut it out.
3. Students should take their strip of paper with the 5 cars home to stick it in a prominent place such as the fridge. Blue Tack should be stuck on to the back of the red 'X'. At the start of each week, families can decide which day they will not take their car to school and stick the red 'X' over that day so that it looks like this:



4. A class lesson could accompany the drawing activity about car pollution. Information needs to be sent home to parents explaining the activity.

## Variations and tips:

- This activity could be done over the whole school, or just as an individual classroom activity where appropriate
- Children who already walk on most days can pick a day for their family to try to be 'car free' for other activities outside of travelling to school, such as trips to the shops, after school activities...



# Coffee Break

## *Coffee for parents who walk to school*

Open your staff room 20 minutes before the afternoon bell for parents who walk to school to meet and enjoy a coffee break

**Aim:** To encourage parents to walk their children to and from school by creating a social atmosphere for them to be part of.

**Method:**

1. Advertise to parents that the staffroom will be open for tea and coffee 20 minutes prior to the bell each day for those
2. Regularly visit the staffroom to talk to the parents and make them feel welcome
3. Once numbers increase, there is an opportunity to invite guest speakers to talk to the parents on various topics such as the benefits of walking for health and the environment, demonstrations of simple games/activities they can play at home with their kids, information about nutrition etc...
4. Parents may want to get pedometers to monitor their own walking progress. If there is interest, this concept could evolve into a walking group for parents who walk to school and meet for their own fitness.

### **Variations and tips:**

- Ask for assistance from your Regional Sports Trust to set up a walking group, access to pedometers, or for information or guest speakers that may interest parents
- A local coffee shop/cafe may be interested in offering a discount or special promotion to parents from the walking group





# Creative Slogans

## *Get the message across—creatively*

Get parents involved with your Safe School Travel Plan by running a competition for them to come up with creative road safety messages

**Aim:** To encourage parents to walk their children to and from school by creating a social atmosphere for them to be part of.

**Method:**

1. Find the best place to display the winning slogans. It could be in the school newsletter, on your website, on a noticeboard or a sign or billboard at the front of the school. The best location is a message board at the front of the school with changeable letters. *The more people who get to see it the better!*
2. Gather a few creative slogans that promote walking or road safety. You can find some on the internet or write your own. Here are some examples:

**“Less cars on the road and you’re less likely to run into one”**

**“Your heart could go a lot further without a car”**

**“Cars block a lot more than roads. Ask a child with asthma”**

3. Display one slogan per fortnight
4. Draw attention to the slogans wherever possible and try to make them a focal point of conversation
5. After you have used 2-3 of your own slogans, run a competition for parents to submit their own slogan ideas. They can email them to the office
6. Continue to put up a new slogan every fortnight using the ones written by parents

After a while, the community will want to pass by your school just to see what message you are displaying this week!



# Doggy Destination

*Establish your school as a dog friendly destination for parents*

Encourage parents to exercise their dogs by walking their children to school

Aim: To get more parents walking their children to school, and exercising the family dog at the same time.

Method:

1. Find out from the Board of Trustees what the current policy for dogs being allowed on the school grounds.
2. Establish a policy that dogs are allowed within the school grounds, under certain circumstances eg. Suitably restrained, only with an adult, that all “Doggy Do’s” be picked up immediately.
3. Consider placing water bowls out for the canine walkers.
4. Promote the concept to parents via the school newsletter, parents’ events or by drawing up a special promotional flyer that dog owners can take home.
5. Consider having a “Dog Walk” day to kick off the concept.

## Variations and tips:

- You may wish to invite a celebrity dog owner to come and walk with some of your dog walking parents
- If you have a large group of parents who respond you may want to suggest that they form their own walking club, and actively recruit other dog owning parents into walking with them
- Establish a “Doggy Destination Display Board” in a prominent position in the school. This operates as a notice board where the dogs are profiled regularly, with a photo of the dog and the pupil. You could also include a short written statement on the dogs name, age, likes, hobbies and any funny stories.





# Family Fun Night

*Hold a fun event for families to teach road safety, the benefits of walking to school, and promote Travelwise*

**Aim:** To create awareness of your Safe School Travel Plan among families and educate children and their parents on road safety and being active.

**Method:**

1. Choose a date that would be suitable to hold the event and a time that would suit your community.
2. Organise a programme including stations that groups and families can rotate around during the evening. Ask people from the community to run the stations. Examples include: a dog safety station with a real live dog and council dog handler, crossing the road safely with a police officer, push play and being alive with your sports trust, wearing seatbelts and child restraints, etc...
3. Have a BBQ on the night or ask families to bring their own picnic
4. Include a welcome from the principal who can discuss the purpose of the night and raise any 'school gate issues'.
5. Advertise the evening to families and organise fun extras such as giveaways, music, celebrities, other games, etc...

## Variations and tips:

- Have a flyer of your Safe School Travel Plan to give to parents or road safety flyers etc...
- Split families up into groups according to where they live so they can meet other families who live nearby
- Have a time during the evening where groups of families can meet together who may be interested in car pooling or walking together
- Organise a group of students to perform a skit about the benefits of walking to school on the night
- Invite other health organisations your school has contact with to set up displays and make it a health and well-being night



# Google your walk to school

## Encourage more walkers

Use Google Earth to work out how long it will take you to walk to school

Aim:

- To find out how far it is to walk to school
- To look at features on the route using satellite image
- To construct a map of the route to school

Method: Work through these instructions to use Google Earth to map your route to school.

Go to <http://www.gmap-pedometer.com/>

1		<ul style="list-style-type: none"><li>• In the box called "Jump to" type in your suburb then New Zealand eg Henderson, New Zealand</li><li>• Press "Go"</li><li>• If the map does not go to your suburb, type in Auckland, New Zealand</li></ul>
2		<ul style="list-style-type: none"><li>• Use the arrows to move to your part of Auckland if the map is not already centred on it</li><li>• Click once at a time</li><li>• Or, hold down the left mouse button and move the map around</li><li>• Put your suburb in the centre of the map.</li></ul>
3		<ul style="list-style-type: none"><li>• Zoom in to your house and school</li><li>• Use the + and - scale to do this.</li><li>• If you are not sure where your house is, click on hybrid at the top of the map. This will show you a satellite image of the area and the road names.</li><li>• Zoom in as far as you need to see your house.</li></ul>
4		<p>On the left side of the screen change English to metric. This will measure your walk in metres and kilometres rather than miles.</p>
5		<ul style="list-style-type: none"><li>• Click the start recording button</li><li>• Put the cursor where you want to start measuring your walk</li><li>• Double click and an orange marker appears</li><li>• Move the cursor along the street. Double click when you want to change direction eg at a corner. Another orange marker appears.</li><li>• Your route is shown as a red line</li><li>• Look at the left hand side of the screen</li><li>• The total distance of your walk is shown and how far the last section is.</li></ul>



6	<p><b>Printing your map</b></p> <ul style="list-style-type: none"><li>▪ The simplest way is to click on <i>print map</i>. However this does not allow you to put a title, frame etc.</li><li>▪ To do this, use the <i>print screen</i> function and copy the map to a <i>Word</i> document<ul style="list-style-type: none"><li>▪ Use the picture toolbar and crop the map/satellite image to remove the surrounding web page</li><li>▪ Right click on the map and <i>format the object</i> so it stays where you want it to</li><li>▪ Then add a frame</li><li>▪ Add a text box. Draw an arrow in it going up the page and put an <i>N</i> for north above it.</li><li>▪ Give the map a title.</li><li>▪ Add any other comments that you want to using text boxes.</li><li>▪ Save your work.</li><li>▪ Print the document.</li></ul></li></ul>
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## My walk from home to school



Questions:

1. How far is it from your house to school along the route you have chosen?
2. If you walk at an average speed of 4km per hour, which is quite slow, how long would it take you to walk to school?
3. Do you walk to school? If so, how long does it take you?
4. If you do not walk to school, could you do so? (walking 2km is not that far) Or could you find a point to be dropped off at and walk to school from there?
5. Look at the satellite image and:
  - a) identify some of the features you pass if you walk to school
  - b) are they easy to recognise on the satellite image? Why? Why not?



# Parent Fitness

*Fitness group for parents who walk*

Organise aerobics, boot camp, yoga, Pilates etc...

Aim: To encourage more parents to walk with their children to school by providing a social environment to participate in fitness activities

Method:

1. Organise a local instructor or trained parent to run a fitness class at school once per week or fortnight starting at 9am
2. Advertise the classes to parents and encourage them to join in. The classes are only open for those parents who have walked their children to school (it's their warm-up)
3. Encourage the group to suggest their own ideas for future classes and to tell their friends to join them
4. Some weeks there could be a walk around the community instead of a class



## Variations and tips:

- Ask for assistance from your Regional Sports Trust for ideas and assistance with finding instructors



# Park and Walk

## *Create 'Park and Walk' zones*

Set up drop-off zones for parents to park away from the school gate and walk with their children the rest of the way

Aim: To reduce traffic congestion and improve the safety outside the school gate

Method:

1. Identify 2 or 3 places that could be used as 'park and walk' zones. Places with big car parks such as supermarkets, churches, or sports grounds are ideal. If none of these are available then quiet streets away from the school gate are good zones.
2. Walk the routes from each zone to measure how long it takes to walk, and how many meters it is.
3. Ask your local Community Transport Coordinator for help with checking the safety of the route.
4. Get an A4 map of the area and mark the 'park and walk' zones with suggested walking routes to the school. Write how far each is and how long it would take to walk.
5. Send the map with the 'park and walk' zones home to parents and encourage them to use them. Suggest they park and then walk with their children, or get them to arrange for their children to walk with groups of friends.
6. Explain to parents the benefits, as well as ease of parking for parents of using the 'park and walk' zones in terms of fitness for their children and road safety outside the school.

### **Variations and tips:**

- Make up names for each of the 'park and walk' zones
- Have incentives for children who use the 'park and walk' zones
- Find a celebrity to greet people at a 'park and walk' zone one day
- Have the principal walk from the park and walk zone one day
- Create a club for children who use each 'park and walk' area with membership cards and record how many kilometres they walk in a term



# Park & Walk Code Breaker

*Promoting a convenient and safe place to park, with only a short walk to the school entrance. Also involves parents walking their children to school safely*

**Aim:** To reduce congestion outside the school gate by getting parents/caregivers to park in alternative locations. Parents supervise their children to and from school. To create travel change behaviour by breaking their normal parking habits for one week initially, with further, smaller promotions.

**Method:**

1. Investigate and identify a close, practical and safe Park & Walk area e.g. side street, road with walking access way, sports field or car park for parents/caregivers to park. It needs to be very walkable and preferably pleasant.
2. To make the park and walk that much more exciting a different secret code breaker word will appear each day on the footpath (written in chalk) on their walk to the Park & Walk location. Parents and children need to find the secret code breaker on the footpath and write it down on the code breaker card provided.
3. On the first day of the Park & Walk promotion code breaker cards are handed out to students. They find the code word and write the code word down. Having some pens and a clipboard helps them to write it down at the time.
4. Below is an example of code words used at a week long Park & Walk promo at a school:

What did Max see when he went walking on...	Answers
Monday	<i>Another Pukeko</i>
Tuesday	<i>A kowhai tree</i>
Wednesday	<i>A rainbow</i>
Thursday	<i>The new bridge</i>
Friday	<i>Waterlea children walking</i>

**Table 1: Example: This school used the theme of Max the Pukeko seeing local sites on his walk**

5. Remember to bring a bottle of water to wash out the old code breaker word from the previous day. A small brush would also help.
6. Students need to place at least 3 out of 5 code breaker words for the week to be eligible for the prize draw. The entry box is placed in an accessible place where students can drop their entries off eg. School foyer, office.



# Pedometer Challenge

*See how far around NZ you can walk*

Use pedometers to count and record your steps

Aim: To encourage physical activity including walking and cycling to school.

Method:

1. Decide who will take part in the challenge—eg intra- or interclass competition or student versus staff challenge.
2. Ask your Community Transport Coordinator to borrow one or more of the Official 10,000 Step @ School kits. Each kit contains:
  1. 30 pedometers
  2. 30 student booklets
  3. 3 Around NZ Challenge maps
  4. CD guidelines
  5. Teacher resource booklet with over 60 lesson outlines.
3. Watch the CD which has instructions on how to successfully implement the Challenge and electronic log to show student and class progress.
4. Please take care to ensure that all pedometers are returned with the kit to your Community Transport Coordinator on completion of the Challenge.





# Red Sneaker Route

*Identifying a safe walking route and encouraging the community to improve and supervise the space along the route*

A static form of the Walking School Bus, instead of one adult walking with the children along the route, lots of individual adults look out for children on their short section of the route

Aim: To provide an interesting and semi-supervised route for children who want to walk to school.

Method:

1. Work with the children at your school to map out the walking routes most likely to be used by children when walking to school.
2. Once the route is identified approach parents, home owners, businesses, and organisations along the route. Homeowners and residents are similarly encouraged to adopt the space outside their home.
3. These routes are then promoted to the children as “Red Sneaker Routes”.
4. People and organisations actively involved in Red Sneaker Routes are encouraged to have a human presence at their adopted points whenever possible, but more importantly they are encouraged to personalise the space. This may be a special chair, a garden, a sculpture, something to display children’s art etc.
5. Those adopting a space outside their home put a red sneaker on their front gate or fence
6. These routes are a way to encourage children to walk, by providing a visually interesting journey, and more than just a way to get from A to B.

## Variations and tips:

- The most interesting route for children might not be the shortest route, but the route that provides the most opportunity for adventure, learning and stimulation
- It is really important to involve the children in mapping the most interesting way





# Set Walking Day

*Focus on encouraging walking to school on a nominated by each week*

**For example: Travelwise Tuesday, a Walking Wednesday, Feet First Friday...**

**Aim:** To motivate the formation of a Walking School Bus and/or student walking groups by starting informally with a 'walk to school day' on a set day each week.

**Method:**

1. Decide which day of the week will be your set walking day
2. Create your own walking tickets where students will get a stamp or a click for each time they walk on your set walking day. Include space to write the child's name and class. Give a ticket to each child.
3. Decide where and who will check the tickets when the children arrive at school.
4. Think of possible meeting places where parents and children can meet up with others if they want to.
5. Think of a variety of rewards/incentives you can offer children and parents to encourage their participation. Eg. All walking tickets go in a draw for the use of a pedometer for a week, students earn class/house points, prizes and certificates at the end of term for every-time walkers. (see other ideas on the prizes page). Each time parents walk they could get a raffle ticket redeemable for a free coffee or go into a prize draw.
6. Advertise your walking day and meeting places to parents. Parents will be responsible for assessing whether their children are capable enough to walk independently, walking with them, or making arrangements for older children or other adults to accompany them.
7. Launch your initiative at a school assembly and promote it to the staff and students.

## **Variations and tips:**

- Include all students who use other active modes to get to school (cycling, walk & bus, drive & walk at least 200m)
- Have a different, fun theme for each walking day
- Follow up with parents who walked (via details on raffle tickets) to see if they would be interested in driving a Walking School Bus



# School Newsletter Idea

## Travelwise School

Don't be lazy, it's not crazy,

Walking is the cool, on the way to and from school!

Attention all parents and caregivers! Get your favourite walking shoes. On the **15th of October** we are holding a **Walk to School Day** to help promote 'Make Time to be Travelwise' month. Help the school show our support for physical activity, cleaner air and less traffic congestion around the school gate.



If you want to get active and healthy too, then walking is the ideal thing to do. So let's walk to school.



# Travelwise Column

*Have a Travelwise column in your school newsletter*

Write a regular column on different aspects of school travel in your school newsletter

**Aim:** To keep up awareness of the Travelwise programme and provide regular information and encouragement to parents to 'travel wisely'.

**Method:**

1. Write a regular column in your newsletter on Travelwise
2. Column ideas could include:
  - Information on safe parking practices at the gate
  - Information on the number of parking tickets given by parking wardens
  - Promote the health and fitness associated with walking
  - Discuss environmental issues associated with cars
  - Congratulate specific parents or children who have improved their travel behaviour
  - Provide information on other Travelwise initiatives you may be implementing from this manual
  - Include children's poems or stories about their journey to school
  - Include teachers or parents memories from when they travelled to school!
3. Example newsletter snippets for you to use can be supplied by your school's Community Transport Coordinator.

## Variations and tips:

- Have a section on your school website with all of the above information



# The Big TIC

(Travelwise Information Centre)

## *Have a Travelwise noticeboard*

**Have a noticeboard to display information on safe ways to get to school and other Travelwise information**

**Aim:** To keep up to date information on transport choices at the school and encouragement to parents to 'travel wisely'.

**Method:**

1. Choose an area in your school to have the noticeboard
2. Put up the noticeboard and display information such as:

Safe parking practices at the gate

Display Walking School Bus routes

Information on the number of parking tickets given by parking wardens

Promote the health and fitness associated with walking

Discuss environmental issues associated with cars

Congratulate specific parents or children who have improved their travel behaviour

Provide information on other Travelwise initiatives you may be implementing from this manual

Include children's poems or stories about their journey to school

Include teachers or parents memories from when they travelled to school!



# Time Zone Walking Map

*Show the extent of a 5, 10, 15 minute walk to school*

**Aim:** To get more children walking to school by identifying safe drop off locations that are 15 minutes or less away from the school gate.

**Method:**

1. Book a date and time, arrange parent helpers and distribute permission slips for the students/class involved.
2. Conduct a hands up survey of how many students are currently walking to/from school
3. Divide the class into 5 groups—one for each walking route
4. Assign equipment to each group—a map of the area around the school showing their route, a clipboard, recording sheet, pencil, camera, pedometer, stop watch, high-vis vest for adult supervisor
5. Start timing at the school gate, each group walking their identified route.
6. At the 5 minute mark, stop at a safe place. Mark on the map and recording sheet. Take a photo of students denoting the time with their fingers , featuring the location.
7. Repeat the previous steps at 10 and 15 minute points.
8. **Ensure good road safety skills at ALL times!**

## Next Steps:

Following the data collection photos need to be printed and a map ordered from GIS. (your Community Transport Coordinator can arrange this)

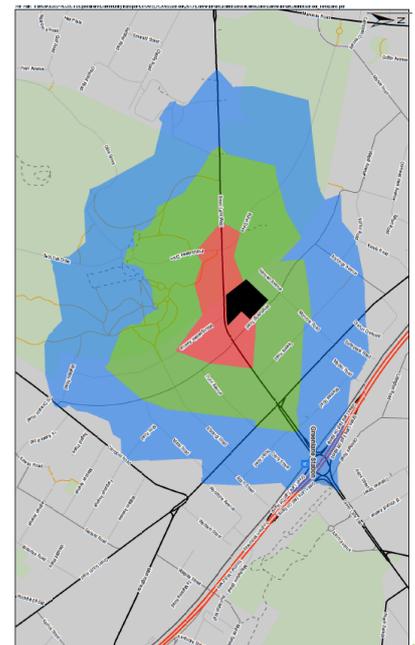
Red line with shading for 5 minutes distance

Green line with shading for 10 minutes distance

Blue line with shading for 15 minutes distance

Laminate photos and map then mount on a display board.

Class can share this at an assembly and promote in the newsletter or produce a flyer.





# Walk Around NZ Challenge

*Can the students at your school walk around New Zealand?*

Collate the km walked to and from school by students who register for the challenge and mark the school's progress on a map of NZ

**Aim:** To encourage more students to walk and then measure the distance between their house and school. They count up how many times they walked to and from school in a week and calculate the total distance walked. Students' totals are added to get a school total. This distance is then marked on a map of NZ to show how far the school walked each week.

The idea of this challenge is that students register to take part

**Method:**

1. Print out a large map of New Zealand with all the towns and cities clearly marked. You will need to decide on the route you will take and work out the distance between each city and town on your route. Display the map where everyone can see it, for example in the hall or school office area.
2. Explain the challenge at an assembly and in the school newsletter and have a process for students to register to take part in the challenge. Upon registration they need to tell you how many metres it is between their house and school. Parents will need to help calculate this either by driving the route or using Google maps. Once registered give them a challenge card where they can record each time they walk. (see example on the next page)
3. Enter each students' name and distance between their house and school into the spreadsheet.
4. Select a group of senior students (Travelwise Team) in charge of collecting totals every Friday and entering in to the spreadsheet. There could be a box for students to drop their card each Friday and collect a new one the following week. The senior students would then just need to empty the box and go through the cards.
5. A teacher then marks on the map the distance walked.
6. When new destinations are reached, announce to the school and keep progress updated in the newsletter and/or on the school website. You can tell students a few facts about the new destination they have reached.



### Walk New Zealand Challenge

Example challenge card:

	Monday	Tuesday	Wednesday	Thursday	Friday
TO school					
FROM school					

Place a tick in the boxes above each time you walk to school in the morning or home from school in the afternoon. Put this card into the box outside the office each Friday.

Name: \_\_\_\_\_ Room: \_\_\_\_\_

The distance between my house and school is: \_\_\_\_\_

### Example spreadsheet:

Set up this spreadsheet as students register for the challenge. Select senior students to be responsible for updating the spreadsheet each week and keeping track of the totals. They will need to add new columns each week.

Name	Distance between home and school	Number of times walked in Week one	Total distance for week one	Number of times walked in Week two	Total distance for week two
John	800m	6	4800m	1	800m
Jane	1200m	3	3600m	4	4800m
Kim	200m	10	2000m	10	2000m
<b>School total</b>	<b>2,200m</b>	<b>19</b>	<b>10,400m</b>	<b>15</b>	<b>7,600m</b>

### Variations and tips:

- Walk around the world or across other countries
- Students can make postcards as if they are visiting that location and research facts



# Walk of Fame

## *Make the walkers in your school 'famous'*

Set up a 'walk of fame' in your school grounds with the footprints of call the students who walk to school regularly

**Aim:** To celebrate those who walk regularly to school, and to provide an incentive to encourage more students to take up walking

**Method:**

1. Find a suitable concreted walkway area or piece of playground to have the 'walk of fame'. If no suitable concrete area available, use an indoor wall such as a hallway. Have a plaque or sign explaining the 'walk of fame'.
2. Set your own school criteria for what constitutes a 'regular walker' eg. Somebody who walks 80% of days in one term.
3. Set up a system for recording who walks eg. Keep a chart in each classroom for children to tick beside their name: have a register at the school office, Travelwise leaders at the gate, or use the WOW calendar.
4. At the end of each term, identify which students have been 'regular walkers' according to your criteria.
5. The students who are regular walkers each term become inducted into the 'walk of fame' by receiving a certificate at assembly and then having their footprint traced onto the concrete (or a cardboard cut-out placed on the wall). Each student can decorate their own footprint and paint their name inside it.

### **Variations and tips:**

- To ensure that students who live far away from school can be included, drop-off points can be stipulated 500m from the school and children can walk from their and be included
- Take a photo of the 'walk of fame' after the new footprints have been added and publish in the newsletter and on the website.
- Those students who make it on to the 'walk of fame' more than once can either re-paint over their footprints or add a new one.





# Walkability checklist

*Have families check the 'walkability' of your community*

Send home a 'walkability' checklist as a homework activity to encourage families to try walking the route to school

**Aim:** To provide an activity for families to do while walking to school together and to identify any safety issues to be addressed.

**Method:**

1. Create a 'Walkability checklist' and make a copy for each family in the school. This can be sent home as a homework activity or with the school newsletter. There is an example of a walkability checklist available from your Community Transport Coordinator.
2. Give families about 2 weeks to complete the checklist. Explain the activity in the school newsletter.
3. Provide information to families about how to avoid hazards and how they can report problems to the Auckland Transport call centre.
4. Collate the checklists and write up results in the school newsletter with some tips. For example if a number of families report a scary dog, then provide information about what to do if confronted by a stray dog. If there are complaints about cars parked on the footpath, remind parents that it is illegal to park on the footpath.

## Variations and tips:

- Instead of sending home for families to do, this activity for certain students (with supervision)





# Walker of the Week

## *Recognise one walker each week*

Award a certificate and small incentive to one walker each week during assembly to the 'Walker of the Week'

Aim: To encourage walking through recognition and incentives

Method:

1. Create a 'Walker of the Week' certificate and box of prizes
2. Have a slot at your assembly where you announce the name of a student who walked to school and award them a certificate and prize from the prize box
3. Prizes can be small items like rulers or pens or non-material items like sitting on a seat at the next assembly, going to the front of the line at the tuck shop etc.
4. The winner could be a regular walker, a new walker, a walker who walks a great distance, or a walker who was seen doing something safe like using the crossing properly or helping another student.

### **Variations and tips:**

- To ensure that students who live far away can participate, drop off points can be stipulated that are at least 500m from the school
- Profile some of the winners in the school newsletter or on a noticeboard with a little interview about what they enjoy about walking to school
- Keep a list of all winners and have a big prize draw at the end of the term/year, or list their names in the newsletter on a monthly/term basis
- Have a 'Cyclist of the Week' prize





# Walker's Tree

*Have a walking tree in your school to display the students that walk to school*

**Aim:** To get more children walking to school

**Description:** A Walker's Tree can be painted on wall or a canvas and has leaves that can be attached. When children walk to school a certain number of times, they are given a leaf to write their name and room number on, and can stick it on the tree. Gradually as more children walk to school the tree becomes foliated with leaves.

**Method:**

1. Find a suitable location in the school for the bare tree. A fairly public space so students and parents can see it's progression.
2. Paint the tree and make the leaves. (Your Community Transport Coordinator also has these available to be borrowed)
3. Use Velcro dots or blutack to attach the leaves to the tree and watch it grow!



## Variations and tips:

- Pick spot prize winners by putting the leaves into a draw when you take them down
- You can include all active modes by having different leaves or fruit for different modes eg. Apples for cyclists, yellow leaves for walking school bus
- In winter you could have an umbrella and children can write their name on raindrops.



# Walking Ambassadors

*Have students encourage other students to walk*

Select students to be 'walking ambassadors' for a week

**Aim:** To recognise those students who walk regularly to school, and to use students to encourage other students to take up walking

**Method:**

1. Make some 'walking ambassadors' t-shirts. Make them a bright colour so they can be easily recognised.
2. Select 10 students who regularly walk to be your 'walking ambassadors' for a week
3. Announce the selected students in assembly where they receive a certificate, t-shirt and are invited to sit on a 'walking ambassador chair' for the assembly, instead of on the floor.
4. The selected ambassadors should wear the t-shirt to school every day for the week and then they hand it back at the end of the week.
5. Give each ambassador a pile of 'walk to school' cards that they can hand out to other students they see walking to school during the week.
6. The role of the ambassadors for the week is to promote walking to school by talking to their friends and classmates and handing out walking cards. They should also act as good role models when they are walking.
7. Ambassadors could meet together to plan an event or incentive to implement during their week.
8. At the end of the week all the cards that have been handed out can go into a draw to choose the next weeks ambassadors.





# Walking Buddy Challenge

*Set up a 'walking buddy challenge' by pairing up existing students who walk to school regularly with students from the same class or year level that live nearby who could walk together*

**Aim:** To buddy up those students who regularly walk to school with others that live nearby who don't, and to provide an incentive to encourage more students to take up walking

**Method:**

1. Identify existing walkers from senior primary levels through the modal survey or hands up count.
2. Set your own school criteria for what constitutes a 'regular walker' eg. Somebody who walks 80% of days in one term.
3. Using either GIS map of the school roll (from your Safe School Travel Plan), or local knowledge from students, identify classmates or neighbours that currently travel by car.
4. Have a meeting with all students to describe the project and talk about pedestrian safety .
5. Set up a system for recording buddies who walk eg. Keep a chart in each classroom for children to tick beside their name; have a register at the school office; have a parent, teacher or senior student at the school gate each morning and afternoon with a register that walkers can 'sign-in', or create walking tickets that can be hole punched like a bus ticket.
6. At the end of each term, identify which student buddies have been 'regular walkers' according to your criteria. Use incentives to reward participants in the project, eg. movie passes, a morning/afternoon movie for all participants, certificates at assembly, draw for big prize.
7. The students who are regular walking buddies each term graduate to 'regular walker' status and can nominate other users to join the project.





# Walking School Bus

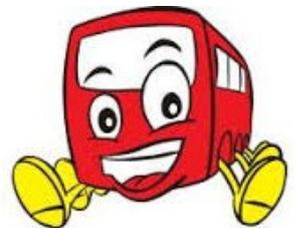
*A group of children who walk to school along a set route supervised by adults*

WSB s are fuelled by the commitment of parent volunteers and are suitable for even the youngest pupil

Aim: To provide a way for children to walk to and from school supervised by adults.

Method:

1. Make contact with your local Community Transport Coordinator (CTC) as they will assist you through the process. You can find out more information here: <https://at.govt.nz/cycling-walking/school-travel/walking-school-bus/>
2. Conduct a simple survey of interested parents and children.
3. Collate the survey forms and identify a potential route/s.
4. Work with your CTC to ensure the route is safe and identify any potential hazards and the best way to deal with them. An AT engineer will also check the route.
5. Vet your potential volunteers.
6. Your CTC will be able to assist you with organising the route coordinators, route maps, safety training etc...



## Variations and tips:

- Most WSB operate morning and afternoon, 5 days a week. However, if you only have a limited number of volunteers you may want to start with mornings or afternoons only.
- The WSB merit Scheme provides some great incentives for walking all year round. Ask your CTC for more information or visit: <https://at.govt.nz/cycling-walking/school-travel/walking-school-bus/the-walking-school-bus-merit-scheme/>



# WOW

## *WOW—Walking or Wheeling on Weekdays*

An online calendar to record how often you WOW to and from school

Aim: To recognise and reward those students who use active modes (walking or wheeling) to get to school

Method:

1. Register your class for WOW online here: <http://www.atwowcalendar.co.nz/>
2. Each student will be given a login and the teacher will have a master login to the WOW calendar. Each day record the results for who 'WOWed' to and from school.
3. You can challenge another class, team or the whole school to a WOW challenge.
4. At the end of the challenge the winning class and/or student can be awarded a prize.
5. Students can also register independently to WOW and earn rewards for themselves.
6. Play the WOW game to test your road safety skills: <http://www.wowgame.co.nz/>

