

Walk to School Week 16th-20th May 2016



- Walk to school week provides a great opportunity for children to keep active and healthy.
- Parents and carers may benefit from the exercise too.
- Walking to school can reduce the stress of the school run and save hundreds of pounds a year.
- Cutting down our fuel use is good for the environment too.
- Walking is the perfect opportunity for children to learn road safety skills and develop an awareness of their local area, preparing them for when they will travel independently.
- The walk to school is a great opportunity for some quality family time or a good chat with friends.

Even children who live too far away can walk part of the way to school, or at least walk somewhere during Walk to School Week.

Some ideas to try at school:

- Use the checklist (attached) to record the interesting thing that the pupils see on their journeys to school.
- Ask the pupils to draw a picture or take a photograph of something they see on their way to school. Put them all together to make a class room display or a school gallery exhibition.
- Count up how many walking journeys are taken by each class and have an award for the class with the most.
- Have a lunchtime walk. Set up a route around the school playground or grounds for a daily walking challenge.
- Send us photos or let us know what you have been doing to ann.smallwood@northyorks.gov.uk

Road Safety and Travel Awareness Team

Sign up to register your school for Modeshift STARS. www.modeshiftstars.org