



WALK TO SCHOOL WEEK 2019

Every Step Counts!



From 20th - 24th May, over 2 million children across the UK will be ditching the school run for **Walk to School Week**. This year's theme is '**Every Step Counts!**' and encourages healthy and safe travel.

Most of school journeys are less than two miles. At ten to nine in the morning, almost one in five cars on the road are on the school run. There is no doubt that this causes major congestion problems on the routes to school and around school gates.

Walking to school is good for the environment and it eases congestion. On a personal level, there is health, financial and even social benefits to leaving the car at home.

For Parents

- Do you walk to school with your children?
- Could you walk to school with them?
- Its fun, it's good for the environment, and cheaper.
- Regular exercise such as walking to school contributes to a healthier life style.
- If you cannot walk all the way to school, have you thought about walking some of the way or walking once a week?



For Pupils

Choose the correct words to complete the Green Cross Code:

The Green Cross Code

1. Think first. Find a safe place to _____ where you can see the traffic clearly in all directions.
2. _____. Stand on the pavement near the kerb.
3. Use you eyes and ears. _____ and listen for traffic coming.
4. Wait until it's safe. If traffic is coming, let it _____.
5. Look and listen again. When there is no _____ near, walk straight across the road. Don't run.
6. Keep looking and _____ for traffic while you cross.

pass look listening stop traffic cross



Could you make a pledge to try to walk to school everyday this week and to continue to make a difference all year?

Don't worry if you can't walk all the way or even every day.
Try walking some of the way (Park and Stride) or maybe walking once a week.



I pledge to walk to school every day this week

I will walk to school once a week

Puzzle Time

w	a	l	k	b	v	c	x
e	x	e	r	c	i	s	e
g	b	n	j	k	f	u	n
p	a	v	e	m	e	n	t
a	j	s	h	o	e	s	r
t	k	a	f	e	t	p	o
h	f	f	s	t	e	p	a

Find the words in the grid

pavement

exercise

shoes

road

feet

child

walk

safe

step

path

fun



Draw yourself next to the JRSOs and colour the picture.

