

INTERNATIONAL WALK TO SCHOOL MONTH



During October we will be promoting [International Walk to School Month](#) there will be a different theme each week relating to sustainable travel and road safety. We have provided a list of downloadable resources and also suggested other activities which schools can deliver during the month.

We would love schools to get involved and deliver as much or as little as they feel able, why not use the ideas to plan your own month and feel free to develop your own activities, these are only suggestions.

We will be offering a prize of £250 National Garden Centre vouchers for the most innovative project delivered over the month, so why not take the opportunity to promote walking to school this October.

Week	Theme	Ideas for Schools	Resources	Additional activities and ideas
Week 1 1st October	Walk to School Together	Happy Shoesday 1st Oct Share tips and ideas for walking together as a family 5 Day Walking Challenge	Family Walk to School Kit Talking Shoes film	Pupil led activities - Eco Group, School Council Competition for most innovative project
Week 2 7th October	Be a Smarter Parker	Use our Smarter Parker Resources to run a safer parking campaign Request a camera car visit	Smarter Parker Resources York Parking Films	Mass organised walks
Week 3 14th October	Environment Week	Hold a car free day Promote Park and Stride Ask pupils or parents to make pledges about travelling sustainably	Clear Air Day Resources	Assemblies Link regular walking trips to W2SM Daily Mile, look at health benefits of walking
Week 4 21st October	Be Safe Be Seen	Hold a hi - vis workshop Organise a mass walk to school event Contact our Road Safety Team for an assembly	Road Safety Resources	Pupils to conduct traffic monitoring at start and end of day

Looking for inspiration why not



Run a hi-vis activity, get in touch if you would like some resources. Or look [here](#) for more ideas



Take part in [Happy Shoesday](#) on the 1st Oct by asking pupils to wear shoes that make them happy. Or get pupils to design some funky shoes using these [templates](#)

I'm a smarter parker

Park responsibly and help keep our children safe.
Support our smarter parking campaign.

Schools
GoSmarter
gosmarter.co.uk

Request some Smarter Parker resources to run a safer parking campaign



We can help you organise a mass celebration walk to school. Why not have a theme like a welly or neon walk



Run a 5 day walking challenge, we have wall charts and stickers available

WHY THE WALK TO SCHOOL MATTERS

■ HAPPIER CHILDREN

It's been proven that children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn.

■ LESS CONGESTION

During morning peak traffic times, one in five cars on the road are taking children school, contributing to congestion, air pollution and carbon emissions.

■ CLEANER AIR

The school run alone is responsible for generating two million tonnes of CO₂ per year. Imagine what we could achieve if we began converting some of these rides to strides?