

Travelwise
Schools Northern Ireland

We're Helping to **Save the Planet**
...One Step at a Time



Walk School Week
19-23 May 2008

Walk 2 School Week

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Over the last 20 years the number of children being driven to school in Northern Ireland has doubled to almost 36%, the 'School Walk' has been replaced by the 'School Run'. This has led to growing congestion particularly outside schools and is having a negative impact on road safety, personal health, air quality and is detrimental to the local environment.

By participating in Walk to School Week, pupils, parents and teachers have an opportunity to:

- Cut congestion outside their school
- Improve their physical fitness
- Develop valuable road safety skills
- Develop independence
- Help protect their health and environment by reducing air pollution

Walking 2 School Makes "Sense"

This year school pupils are being encouraged to explore their surrounding environment on the journey to and from school by using their senses to see, hear, touch, feel and smell. As a special Walk to School Week activity, pupils could be asked to record their 'sense' experiences while walking to school either through writing exercises or illustrations.

Possible Walk To School Week Activities:

- Younger pupils walk to school with parents/ guardians or other responsible adult
- Pupils walk to school with older brother or sister
- Older pupils walk to school by themselves
- Older pupils walk to school with friends
- Pupils, parents and teachers to walk to a specific point/ landmark and back again
- Pupils walk around the school grounds e.g. laps of the playground at break time
- Pupils, teachers and parents for younger children to walk around a local park area
- Walking competitions in the playground or local park between teachers and pupils
- Pupils to walk to swimming pool, library or nearby sports ground (if applicable) instead of taking the school bus

Organised Event Suggestions:

- School can organise a Walk to School day in fancy dress.
- School can organise a sponsored Walk to School event for a nominated charity.
- School can organise a Walk to School non-uniform day
- Pupils who walk to school get off a homework.
- School can organise a health and physical activity week