

# Walk to School Day

## How to plan a successful event

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Community Education  
Specialist



# Welcome!

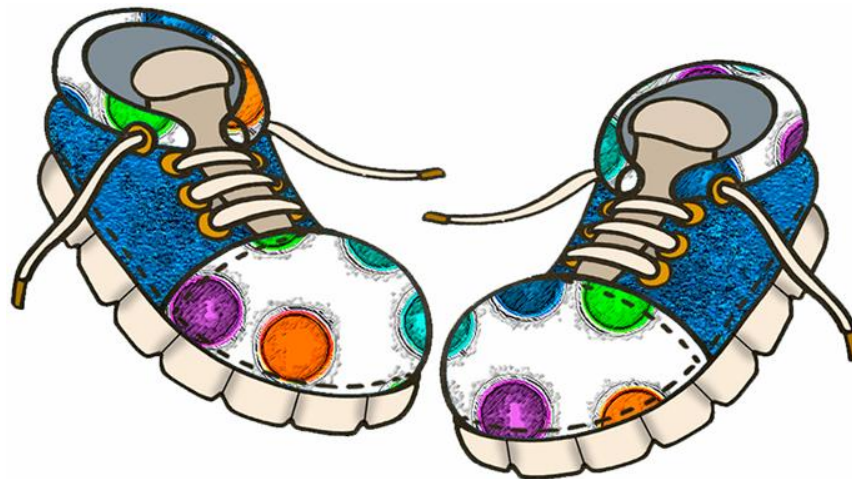
Tell us...

Your Name

School

Position

Your Experience: Walk to School Day?



# What are Benefits of Walking to School?

- Health benefits
- Cleaner air
- Socialize with friends
- Gain skills in being independent
- Learning pedestrian safety skills
- More eyes on the street to normalize walking
- Better concentration/learning in the classroom

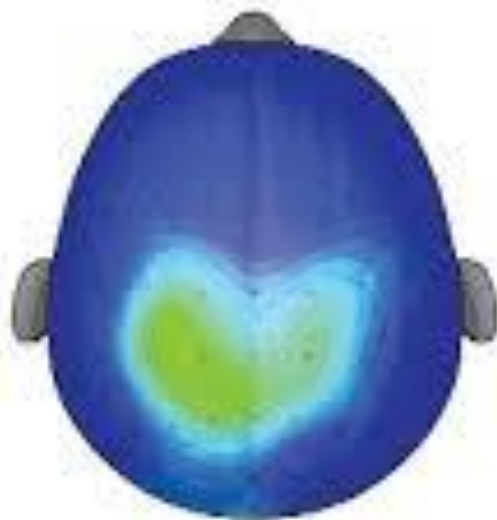
**90% of children's time is  
spent inside...**



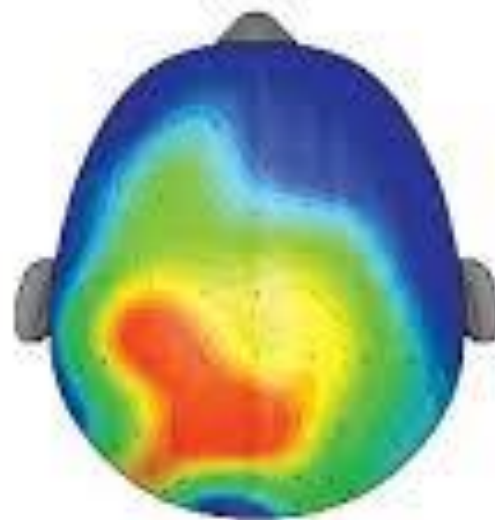
# Walking Boosts Mood & More!



# Cognitive Effects of Exercise



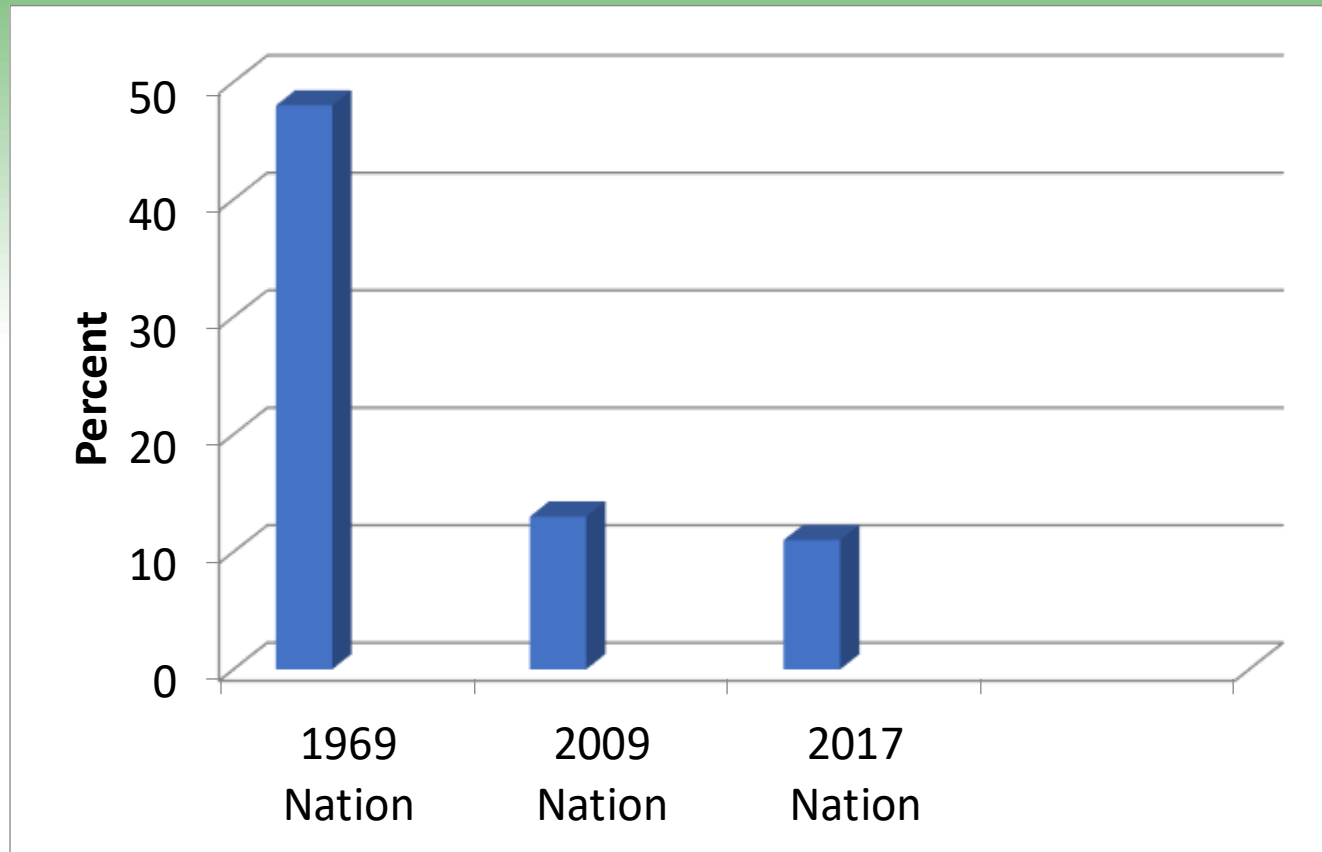
After 20 minutes of  
**Sitting Quietly**



After 20 minutes of  
**Walking**

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# How Many Kids Walk to School?



# All Students Can Walk/Roll

- Ideal for <1 mile from school to walk from location
- Walking to Bus Stop
- Arrange Bus Drop-offs
- Walk the track before school



# Partners

- Principal/superintendent/admin involved
- Invite school board members
- Parent involvement/PTO/PTA – prizes, challenge
- Neighborhood Association – Nextdoor
- Elected officials
- Businesses – health club, churches, etc to contribute toward discounts, volunteers

# Promoting the Event

- Staff meeting – get teachers excited and involved
- Principal/VP special classroom announcements
- Connect Ed text/phone message
- School App
- Flyers – posted for students
- Website
- Reader board
- Banners



# Fun Ways to Promote

- A-frame sign in pick up loop
- Tag onto other events
- Students prepare signs (to hang up, or carry along the way)
- Chalk art/footprints
- Think 3-D:  
shoes hung up
- School Mascot  
greeting students



# Making Your Walk Safe

- Observe morning drop-off
- Choose a safe route
- Pre-Walk Route!
- Address hazards before event
- Use SRO or law enforcement to help with walk, crossing at intersections
- Give families safety rules before walk



# Walking Safety Tips



**Be Aware &  
Cross with Care...**

**Walking Tips**

**...Every Time You Cross  
...Everywhere You Walk**

**Walk to School Day is Oct**

**Follow The  
Rules of The Road**



# Walking Safety Tips

- Know & obey all traffic laws
- Sidewalks
- Crosswalks, LRL
- Driveways
- Route
- Safety vests



# Temporary Solutions

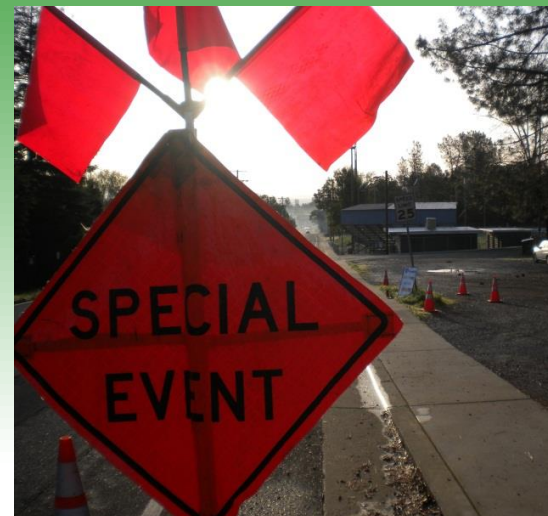


# Pedestrian Safety Education Resources

- For ages 5-18  
(separate videos &  
quizzes for age  
groups)
- [Safer Journey](#)  
FHWA Resources
- Local Campaign:  
[Eagle Eyes Save  
Lives](#)



# Day of Event



# Register Your School

- Easy
- Tips
- Tools
- Promotional materials:  
signs



[Walk & Bike to School \(walkbiketoschool.org\)](http://walkbiketoschool.org)



**PLAN**

an event

**SEE**

who's signed up

**BEYOND**

the event

**LEARN**

more

**REGISTER**

sign up today!

## Who Biked or Walked?

See who joined the celebration for **Bike to School Day** or **Walk to School Day** in past years.



Click your state to see past events in your area!

### Walk to School

2017 — 5583 events  
2016 — 4958 events  
2015 — 4767 events  
2014 — 4499 events

### Bike to School

2018 — 3205 events  
2017 — 3004 events  
2016 — 2520 events  
2015 — 2502 events  
2014 — 2122 events

Select an **event type**, a **year** and **state** to begin your search.

#### Event type

- select an event type -

#### Year

- select a year -

#### State

- select a state -



# **Walking Challenge Oct 1-31**

## **HealthyShastaWalks.org**

**Put together a school team of 4 or more of staff ,or parents and staff! Compete for prizes, bragging rights, and a trophy!**



# Active Transportation Program Support Staff

Sara Sundquist

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- Register your school
- Banners & vests available to borrow