



# WALK TO SCHOOL DAY OCTOBER 8, 2025



An opportunity for students to walk to school  
and learn safety skills, socialize with friends,  
and to build school community!



## PLANNING A WALK

1. Plan a route 1 mile or less
2. Gather a group of volunteers
3. Enlist your School Resource Officer for help
4. Promote event: flyer, school app, social media

## ROUTE GUIDANCE

- Determine meeting location(s) along the route.
- Meet in a park, church, or parking lot. Students can also join along the way.
- Pre-walk the route to seek out sidewalks, safest areas to cross, & best place to enter the school. The walk will likely be different than a driving route!

## CREATE A SAFE WALK

1. Use sidewalks when present. If no sidewalk, walk on the left, facing traffic.
2. Make eye contact with drivers, especially at intersections.
3. Be aware of drivers in parked cars and in driveways and intersections.
4. Cross streets when there is a gap in traffic. Have one adult lead students across. Place one adult or law enforcement in the intersection until all students have crossed, keeping one adult at the end of the group.
5. Remind students to walk - don't run.
6. Invite families to join in the walk for extra adult help.

## QUESTIONS? CONTACT HEALTHY SHASTA TO HELP PLAN YOUR EVENT!

Contact Sara S. at 530-245-6457 to register your event & for equipment.

Visit: [HealthyShasta.org](https://HealthyShasta.org) for more resources

