



# Walk to School Start-up Kit

Let's make tracks today! \_\_\_\_\_



## **This Kit Contains:**

- Part I: Introduction
- Part II: Community Partners
- Part III: Daily Physical Activity (DPA) Connection
- Part IV: Implementing a Walking Program in your School
- Part V: Ideas for Educators in the Classrooms
- Part VI: How to sustain a walking program
- Part VII: Incentives and Prizes
- Part VIII: Sample Classroom Tally Sheet
- Part IX: Samples Parent Letters
- Part X: Activities for Students

**Let's make tracks today!**



---

## Part I

### Introduction

Peel Safe and Active Routes to School (PSARTS) is a program that can be integrated with the health, safety, physical education and environmental curriculum.

The PSARTS committee will offer support and assistance to your school in implementing a walk to school program.

PSARTS mission is to help students:

- Walk to school in groups as part of a healthy lifestyle
- Develop interpersonal skills by building relationships with other children who participate in the program
- Make environmentally friendly choices by choosing to walk, bike, blade etc. to school instead of using fuel-dependent vehicles
- Develop street safety skills

PSARTS is a regional committee that came together to develop and implement walking to school programs in Peel Schools. The committee's objective addresses childrens safety, lack of physical activity, transportation and environmental issues which are common concerns of parents/caregivers and schools. PSARTS is a collaborative effort of the Region of Peel Public Health and Planning departments, Peel District and Dufferin-Peel Catholic District School Boards, Peel Regional Police, Ecosource, Mississauga and Brampton Traffic Safety Councils and the Town of Caledon.

**Let's make tracks today!**



---

## **Part II**

### **Community Partners**

- Peel Safe and Active Routes to School Committee Members
- Community Police Officers and Youth Education Officers
- Public Health Nurses (Peel Health)
- Brampton Traffic Safety Council
- Mississauga Traffic Safety Council
- Town of Caledon
- City Councillors and Trustees (Mississauga, Brampton, Caledon)
- School Board Superintendents and Trustees (Mississauga, Brampton, Caledon)
- Local Newspaper (Mississauga News, Brampton Guardian, local area newspaper)
- Parent Council Newsletter/Committees (School Advocate: [www.school-advocate.ca](http://www.school-advocate.ca))
- Local stores (grocery, sports, malls, etc.)
- Parks and Recreation

**Let's make tracks today!**



---

## Part III

### The Daily Physical Activity (DPA) Connection

With the introduction of the mandatory 20 minutes of physical activity per day, PSARTS committee recognizes the challenges that some schools may face in implementing these requirements. As a result, the Committee endorses the efforts of the Greenest Communities Active and Safe Route to School Programs. This comprehensive community-based initiative taps into the increasingly urgent demand for safe walk able neighbourhoods.

PSARTS promotes the use of active transportation for the daily trip to school, addressing health and traffic safety issues while taking action on air pollution and climate change.

The materials in this School Package will enable you to establish a successful and ongoing Safe and Active Routes to School Program and ultimately enhance the safety and health of your community for years to come.

(This School Package can be used along with Greenest Communities Active and Safe Routes to School Guide which can be obtained at [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca))

Let's make tracks today!



---

## Part IV

### Implementing a Walking Program in your School

#### 1. Get the school involved:

- Meet with Principal to introduce the program
- Consult with School Public Health Nurse and PSARTS committee member to assist in implementing this program
- Organize a meeting with School educators/Parent Council/parent caregivers to assist in identifying a person to champion program
- Send out a letter to parents/caregivers
- Provide brochure outlining the Peel Safe and Active Routes to School program and the benefits of walking

#### 2. How to promote your walking event:

- School assembly
- Morning announcements
- Monthly school newsletter
- Aerial photograph of school's surroundings
- Poster contests, Golden Shoe Award, ballot prizes for participation
- Walking competition with neighbouring schools
- Walking buddies or walking groups

Let's make tracks today! \_\_\_\_\_



### 3. How to strengthen parent/caregiver involvement:

- Provide educational session to parents on pedestrian safety/community safety
- Provide monthly informal “meet and greet” social event at the school for the parents that walk their children to school
- Organize a walking group among parents and caregivers in the community (mall, Parks and Recreation)
- Provide articles in the school newsletter

### 4. Plan for the future

- Evaluate the program
- Set goals for the following year

#### **For further information and web resources**

- Contact Health Line Peel 905-799-7700
- Green Communities: [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)
- School Public Health Nurse



---

## **Part V**

### **Ideas for Educators in Classrooms**

#### **1. Introduce program to students**

- Distribute introductory letter
- Discuss the benefits of walking to school with the assistance of a brochure
- Plan a launch assembly (invite community partners, media)

#### **2. Promote safe routes to school**

- Provide a road safety training session
- Visit the Peel Children's Safety Village
- Map a safe route to school
- Incorporate curriculum links to road safety, walking, mapping, and physical activity
- Incorporate walking songs during the walk to school day

#### **3. Involve students in the walking to school event**

- Have students create posters/banners for the walk to school event
- Have students create morning announcements
- Have students write articles in the school newsletter
- Have students participate in the Classroom Tally

**Let's make tracks today!** \_\_\_\_\_



- Students who live far from school and are bussed or students with disabilities can also participate through school walking clubs and/or agreement with parents to take scheduled leisure walks with children

#### **4. Encourage students to walk**

- Use incentives, prizes, and competitions
- Display distance walked by students on a map of Canada
- Have students create posters and banners that promote walking
- Create school 'tally' sheet to display percentage of students walking
- Plan an end of the year celebration and thank you for their participation

#### **5. Teacher Support**

- PSARTS Committee and School Public Health Nurse (905-799-7700 or [healthlinepeel@peelregion.ca](mailto:healthlinepeel@peelregion.ca))
- PSARTS "Walk to School Start-up Kit"
- Aerial map of school community (PSARTS Committee: 905-799-7700 or [healthlinepeel@peelregion.ca](mailto:healthlinepeel@peelregion.ca))
- Graph class results from walk to school day event
- Green Communities Canada Active and Safe Routes to School Guide ([www.saferoutestoschool.ca](http://www.saferoutestoschool.ca))
- Green Communities Canada Blazing Trails Through the Urban Jungle mapping booklet ([www.saferoutestoschool.ca](http://www.saferoutestoschool.ca))

**Let's make tracks today!**



---

## Part VI

### How to sustain a walking program

- Organize Walking Clubs among parents/caregivers and students
- Offer workshops and presentations around topics related to but not limited to Road Safety, Bike/Helmet Safety, Bullying, Sun safety, Physical activity, proper stretching/walking safety
- Plan a event or a theme for the school community on one of the walk to school days
- Provide written information and pamphlets on walking, environmental health, physical benefits of walking, alternative modes of transportation
- Offer monthly “meet and greet mornings” to the parents/caregivers walking to school with their children
- Organize regular community walks

#### Resources:

Peel Safe and Active Routes to School (PSARTS)

(905-799-7700 or [healthlinepeel@peelregion.ca](mailto:healthlinepeel@peelregion.ca))

Green Communities Canada ([www.saferoutestoschool.ca](http://www.saferoutestoschool.ca))

Let's make tracks today!



## Part VII

### Incentives and Prize Ideas

| Community Partner/Agency   | Sample Items   |
|--|--|
| Green Communities Canada<br>Active and Safe Routes to School<br><br>Website: <a href="http://www.saferoutestoschool.ca">www.saferoutestoschool.ca</a><br>Email: <a href="mailto:info@saferoutestoschool.ca">info@saferoutestoschool.ca</a><br><br>416-488-7263 | <ul style="list-style-type: none"> <li>• Compass key chains</li> <li>• Shoe laces</li> <li>• Bracelets</li> <li>• Stickers</li> <li>• Tour of Canada maps</li> <li>• Blazing Trails Through the Urban Jungle Workbook</li> </ul>                   |
| Region of Peel: Peel Safe and Active Routes to School Committee (PSARTS)<br><br>Email: <a href="mailto:healthlinepeel@peelregion.ca">healthlinepeel@peelregion.ca</a><br>905-799-7700  | <ul style="list-style-type: none"> <li>• Reflectors</li> <li>• Stickers</li> <li>• Tattoos</li> <li>• Student Frequent Walker Card</li> <li>• Wrist slap combo</li> </ul>  |
| Ontario Safety League<br>Website: <a href="http://www.osl.org">www.osl.org</a><br>Email: <a href="mailto:info@osl.org">info@osl.org</a><br>905-625-0556  | <ul style="list-style-type: none"> <li>• Elmer the Safety Elephant Mascot</li> <li>• Colouring Books</li> <li>• Stickers</li> </ul>  |
| Other ideas: <ol style="list-style-type: none"> <li>i. Local Companies</li> <li>ii. Parks and Recreation</li> <li>iii. Community Associations (hockey, soccer etc.)</li> </ol>   | <ul style="list-style-type: none"> <li>• Company Items (water bottles, hats, Frisbees, radios, skipping ropes etc.)</li> <li>• Single Passes</li> <li>• Tickets for games</li> <li>• Team logo items</li> <li>• Special speakers/guests</li> </ul> |



## Part VIII

### Sample of Classroom Tally Sheet

#### Walk-to-School Class Tally Sheet

Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

Grade: \_\_\_\_\_



• How many students walked to school today? \_\_\_\_\_



• How many students are present? \_\_\_\_\_

Yes, they all walked today!!!

Please place this sheet in the attendance folder after morning attendance.

---

#### Walk-to-School Class Tally Sheet

Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

Grade: \_\_\_\_\_



• How many students walked to school today? \_\_\_\_\_



• How many students are present? \_\_\_\_\_

Yes, they all walked today!!!

Please place this sheet in the attendance folder after morning attendance.

Let's make tracks today! \_\_\_\_\_



## Part IX

### Sample Parent Letters

#### Sample Number One: (From Willow Glen Public School)



Do you remember this symbol?

Walking Wednesdays at “insert name of school”!!!

Parents and children, get out your walking shoes, because **Walking Wednesdays** is coming to “insert name of school”.

Your child can participate in the following contests for this Wednesday:



**“Indoor” Shoes Decorating Contest:** The best decorated pair of shoes will win a prize. The class with the most students decorating their shoes will win popcorn for the whole class.



**Golden Shoe Award:** The class with the most number of students walking to school will receive the “Golden Shoe Award” for the week. Their class will also have a chance to win a pizza lunch at the end of the year.

So, come out this “insert date” for “insert name of school” first **Walk to School Wednesdays**. It is good for your health, reduces pollution, it will help to improve the traffic making it safer for our children. It’s also a great way to meet and make new friends.

Even if you have to drive to school, why not park a block away and walk the rest of the way to school.

So come out and walk with your children this Wednesday. It’s an opportunity to meet our City Councillor, Trustee, Elmer the Safety Elephant, community Police Officer and other important community people.

Get ready to walk to school this “insert date” and earn prizes. Walk your way to “insert school name” this “insert date”!!!

School Council and Peel Health

**Let’s make tracks today!**



**Sample Number Two:**

Dear Parents,

Recently, the ministries of Education and Health Promotion announced the **Healthy Schools Recognition Program** and issued a Healthy School Challenge, encouraging schools -- students, teachers, parents and community partners to participate in this worthwhile initiative.

The Healthy Schools Challenge is an opportunity to improve student success by creating a healthy learning environment.

We have decided to participate in the Healthy Schools Recognition Program and have chosen to use the Peel "**Safe & Active Routes to School Program**" to help us meet our goals. This program promotes making physical activity a part of each child's daily routine by encouraging children to walk to school.

To prepare to participate in the Healthy School Challenge we need to determine how children travel to and from "insert name of school". We have attached a very brief survey for you to complete with your child. Your feedback is important to us!

Thank you,

Let's make tracks today! \_\_\_\_\_



---

## Parent Survey

1. How many trips per day do you or your caregiver make to take your child(ren) to school and home?
3. If your child(ren) walk or cycle to school, who do they walk with?
  - \_\_\_\_\_ friends
  - \_\_\_\_\_ brothers or sisters
  - \_\_\_\_\_ parent/caregiver
  - \_\_\_\_\_ alone
4. What concerns do you have about your child(ren) walking to and from school?
  - \_\_\_\_\_ crime
  - \_\_\_\_\_ too much traffic at school
  - \_\_\_\_\_ too much traffic in your neighbourhood
  - \_\_\_\_\_ traffic speed
  - \_\_\_\_\_ distance from school
  - \_\_\_\_\_ convenience (it is easier to drop children off on the way to work)
  - \_\_\_\_\_ child(ren) would have to walk alone to school
  - \_\_\_\_\_ Other please explain:  
\_\_\_\_\_  
\_\_\_\_\_
5. What would make it easier for your children to walk to school?  
\_\_\_\_\_  
\_\_\_\_\_
6. Would you be interested in helping organize walking groups in your neighbourhood to make it easier and safer for children to walk to school?

If yes, please complete your contact information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Thank you for helping us with this survey. Your feedback is appreciated.**  
Please return this survey to your child's teacher.

**Let's make tracks today!** \_\_\_\_\_



**Student Survey**

1. How far away from the school do you live?

Less than 3 blocks \_\_\_\_\_ 3-6 blocks \_\_\_\_\_ 6-8 blocks \_\_\_\_\_ Over 8 blocks \_\_\_\_\_

2. What grade are you in?

JK          SK          1          2          3          4          5

3. Are you a girl or a boy? \_\_\_\_\_

4. If you had a choice, how would you like to get to school each day?

- \_\_\_\_\_ walk
- \_\_\_\_\_ driven by an adult
- \_\_\_\_\_ ride a bicycle



5. Would you be interested to help with "insert school name" Walk to School program?

Yes I would like to volunteer!

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Please return this survey to your teacher. Thank you for helping us with this survey.



Let's make tracks today! \_\_\_\_\_



---

## Part X

### Activities for Students

- **Tracking Tuesdays, Walking/Wheeling Wednesdays, Tracking Thursdays and Funday/Footloose Fridays**

Schools can initiate a “Walking Day/Event” on a designated day such as Tuesday, Wednesday, Thursday or Friday to encourage students to walk to school weekly or monthly

- **Kilometre Club**

Students that take the bus or who need to be driven to school by their parent can participate in their walking to school event by participating in a kilometre walk around the school i.e. during lunch break.

- **Walk a block**

This strategy is designed to reduce the number of cars arriving at the immediate school site therefore decreasing traffic congestion and pollution around the school. Parents are encouraged to park their vehicles in a legal and safe parking spot a few blocks from the school, then walk the remaining blocks with their children to the school. If students are dropped off a few blocks from the school, it is possible for them to join other students walking to school.

Let's make tracks today! \_\_\_\_\_



- **Walking Buddies**

Older students enjoy the responsibility that comes from walking safely together with their friends and looking out for each other. The program also provides a regular review of traffic and safety concerns.

- **Golden Shoe Award**

This is an old running shoe spray painted gold and nailed onto a board. The class with the most students who walked to school each week will win the Golden Shoe Award which will be displayed in their classroom during the next week of school. In the event of a tie, the trophy will have to be shared (1/2 a week in one class).

Teachers are asked to choose a student each day to count the number of students who walked to school and indicate the number on the tally sheet provided along with their attendance sheet each morning.

You could offer the class that walks the most over the period of the school year an end of the year pizza party or a movie and popcorn event!

- **Student Frequent Walker Card**

Each student will receive a Student Frequent Walker Card every time he/she walks to school. This card will be left at home for the student/parent to check off every time they walk to school. Once the student has checked off 10 sections, they can put their card in the ballot box for a chance to win a special prize. In order for the card to be valid the card must be signed by a parent/caregiver.

Let's make tracks today! \_\_\_\_\_



- **Rewarding students**

Besides the obvious health, safety and environmental benefits the following rewards could be provided:

- every time a student participates in a walking program at the school this will count towards the Student Frequent Walker Card
- 15 minutes of extra recess if the school reaches a certain percentage of walkers on their specified walking day
- create a “treasure box” full of prizes  
tattoos, stickers etc on the designated walking day
- popcorn party/15 extra minutes of recess for the classroom that has 100% participation

- **Walking Program Monthly Theme Ideas**

- i. Decorate your “umbrella/rubber boot” day if you know it will rain
- ii. Decorate your “hat” day
- iii. Decorate your “shoes” day
- iv. Decorate your “boots” day
- v. Wheeling Wednesdays (bicycles, scooters, rollerblades, skateboards)
- vi. “International Walk to School Day” (October)
- vii. “Earth Week Day” (April)
- viii. “Clean Air Day” (activities to reduce air emissions)
- ix. Celebrate fall day
- x. Celebrate winter day
- xi. Celebrate spring day