

# Walk to School Day<sup>1</sup>

## Easy Win:

Walk to School Day, an international event, is the first activity for Safe Routes to School. It builds visibility and parent and community support—and it is fun! Use the Walk to School Day backpack mail to get the word out.

## Outcomes:

Community awareness and support  
Health and safety message  
Student enthusiasm  
SR2S team recruitment



Photo courtesy Governor's Council on Physical Fitness.

## Materials:

- Walk to School Day flyer (CD)
- Walk to School Day fast facts
- Invitation letter (CD)
- Walk to School Day permission slip (CD)
- Walk to School Day ideas
- Classroom activities
- Walk to School Day press release (CD)
- Walk to School Day backpack mail (CD)
- SR2S Newsletter, Volume 1 (CD)
- SR2S DVD—binder pocket
- Do Something Fun—Appendix D
- Sun Safety—Appendix S (CD)
- Walking Safety—Appendix W

## Communication Power:

Get the word out. Announce Walk to School Day at staff meetings, assemblies, family nights and in the school newsletter.

## Remember:

You may have been registered for Walk to School Day. Contact the SR2S office at 1-800-434-8642 to find out and to register if needed. Once registered, you automatically receive materials AND you are registered as part of the international Walk to School Day event. Visit [www.walktoschoolday.org](http://www.walktoschoolday.org) for more about Walk to School Day in the United States.

## WHAT IS WALK TO SCHOOL DAY?

- An international one-day event celebrated in over 30 countries
- Parents, school staff and community leaders walk to school with students
- Highlights the fun of walking to school
- Emphasizes route safety and the benefits of walking

## WHY DO IT?

- To promote health benefits of walking
- To build parent and community support for Safe Routes to School
- To raise awareness about safety hazards on the way to school

## WHEN?

- Can be scheduled anytime, but often occurs during the first week in October throughout the U.S. and internationally

## WHERE?

- Most commonly used routes within school walking area
- From alternative bus drop-off locations

## IDEA!

Walk to School Day is a great time to teach students about a healthy breakfast. Use the nutrition information in Appendix N—Nutrition for Good Health and SR2S, to do so.

<sup>1</sup> Many schools include bicycle trains as part of Walk to School Day. Bike trains are led by a knowledgeable adult—wearing a helmet correctly—who leads a small group of students along a safe route to school. Bike trains require adequate adult supervision and helmet use by all participants.