

# Walk to School



Newsletter April 2023

## National Walk to School Week - 15-19 May 2023

Walk to School Week is an annual 5 day walking challenge brought to you by Living Streets.

Are your pupils ready to Walk with Wildlife? This year's challenge encourages children to travel actively to school every day of the week. Meeting various animals along the way, they'll learn about the important reasons to walk and the difference it can make for individuals, communities and the planet!

Each day will have its own theme; walk for inclusion, sustainability, health, mindfulness and friendship.

You can find out more [HERE](#)

If you are not able to fit walk to school week in right now, why not think about doing it another week that might work better for your school? We can still support you with assemblies, lessons and resources to help make it a big event!

## Resources and Activities

You can visit our dedicated '**Walk to School**' **webpage** where we have uploaded all of the tools and resources that we have created over the past year, including:

- Using your PE premium to encourage active travel
- Activities for the classroom to promote active travel
- Activities for parents to do on the school run

Click [HERE](#) to find out more

Contact [emma@strideactive.org](mailto:emma@strideactive.org) for more support about walking to school.

## It's Competition Time!

**Photograph or video your favourite moments from Walk to School week and share them with us!**

Photos or videos could capture what you've done, what was great about it, how far you've walked, what you spotted or how it made you feel! You can either submit entries as a school, or encourage parents to do this.

To enter and be in with a chance of **winning a prize** for your school, simply email your entry to [emma@strideactive.org](mailto:emma@strideactive.org), along with a caption, or tag us on social media to be in with a chance of winning a prize for your school! If parents are entering, just make sure they state your school when sharing their entry with us!

# How can you get your school walking?

Last year we worked with Stretton Sugwas Primary School to film the awesome work they are doing to support more families to walk to school.

During last Walk to School week, they trialled a Park and Stride, parking at the village hall and walking to school. This was so successful that it has continued with more and more families joining in.

Click on the picture below to watch the video and see why and what Stretton did!



Interested in setting up your own park and stride?

Why not look at our guide to setting one up, with tips and things to consider.

Click [HERE](#)

## How are you supporting families to Walk to School? Share your ideas with us!

We want to showcase another school's Walk to School initiative, just like we did with Stretton Sugwas. Please get in touch if you have an idea or project that you would like to share and we'll help you with the rest!

## More opportunities for your school

### Travel Plans - Herefordshire County Council

The Travel Plan toolkit can help you to think and put actions in place to encourage and develop active travel solutions and to raise awareness of travel issues such as air pollution and road safety. Click [HERE](#) to access the School Travel Plan Toolkit or email [move@herefordshire.gov.uk](mailto:move@herefordshire.gov.uk) for more support.

### Road Safety Training - Herefordshire County Council

The Herefordshire Road Safety Team deliver road safety lessons for years 2, 3 and 6, aiming to increase pedestrian safety through discussions and practical real-life training. Email [roadsafety@herefordshire.gov.uk](mailto:roadsafety@herefordshire.gov.uk) for more information and to book your sessions

### Bikeability and Scootability sessions - BikeRight!

BikeRight offer 'Bikeability', 'Learn to Ride' and 'Scooter Skills' sessions to schools in Hereford for year 1 upwards. Click [HERE](#) to find out more.