

# Walk to School

Newsletter | April 2024



## Walk to School Week - 20-24 May 2024

Are your pupils ready to discover The Magic of Walking? This year's challenge encourages children to travel actively to school every day of the week. Meeting various magical beings along the way, they will learn about the important reasons to walk or wheel and its benefits for individuals, communities and the planet!

You can find out more [HERE](#)



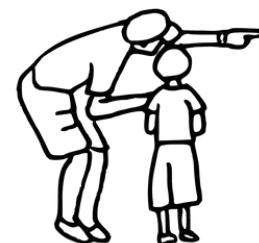
## Ideas to support Walking to School

### Walking Champions

Walk to School Champions are pupils who can promote active travel to other pupils within the school / their class.

- It provides leadership and decision-making opportunities for pupils.
- Peer to peer and child to adult promotion can be more influential, helping to create change and action!
- It is an opportunity for your school to address environmental sustainability and climate change - doing your bit to make a difference.

Download our guide for your Walking Champions [HERE](#)



### Wildlife Walks

Use your walk to school as an opportunity to highlight the wildlife and natural environment in your local area. Pick out some of the landmarks that you can see, spot insects, plants or even unusual shaped trees! Notice how your environment changes with each season.

We worked with 3 schools to trial a wildlife walk and the children loved them!

Watch the video [HERE](#) and discover some wildlife activities to do!

### Park and Stride

This is when parents and families meet at a specific point and then the children walk the rest of the way to school.

This is a great way to reduce the number of cars around the school gates whilst also helping pupils to do some physical activity before starting the day.

Stretton Sugwas showcase how this has worked at their school -watch the video [HERE](#)

You can read our guide to setting up your own park and stride [HERE](#).

# Walk to School



## Active Travel opportunities for your school

### Find out more about active travel in your school

Use our active travel survey for parents to find out more about how they are travelling to school and some of the barriers that they face. Please contact Emma for information on how to access this.

### Travel Plans - Herefordshire County Council

The Travel Plan toolkit can help you consider and develop actions to encourage 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.



## Walk to School Resources and Activities

You can visit our dedicated '**Walk to School**' webpage where we have uploaded lots of tools and resources to help you develop active travel at your school, these include:

- Guide to setting up a Park and Stride
- 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 around walking to school.