

Saskatchewan



Host your own Walk to School Challenge Guide



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Thanks for taking on the Walk to School Challenge and encouraging families in your community to **Give Walking a Try!**

In just one generation, the number of Canadian kids who walk to school has fallen dramatically. Walking to school is one of the easiest ways for kids to build physical activity into their days and we're betting that once families Give Walking a Try, they'll find it's easier than they think.

This guide contains everything you need to host your own **Walk to School Challenge**, including:

- instructions
- tips for managing and promoting the challenge
- links to saskatchewaninmotion.ca where you can download tools to help you promote the challenge



How the challenge works

- a. Pick a week that works for you school or classroom to have a Walk to School Challenge. October is a great place to start – it's Walk to School Month!
- b. Schools/classrooms send a [Walking Passport](#) home with every student. A printable template is available on the Saskatchewan *in motion* website.
- c. Students receive a stamp/sticker/checkmark in their passports **each morning** they walk to school during the challenge. School secretaries, teachers, school community council volunteers or older students can stamp passports – you decide what works best for you!
- d. Make it fun! Add in some prizes or awards to recognize students who give walking a try. For example:
 - Any student who **collects five stamps** will be entered into a draw for a larger prize (i.e. school t-shirt, coupon/gift certificate, or shoelaces).
 - Every student who gets **at least one stamp**, will receive a prize (i.e. sticker, extra recess, or certificate).
 - Highlight students who walked to school, by featuring their pictures or names on a bulletin board, school/classroom blog, or in your classroom.
- e. Celebrate! Let students, parents and the rest of the school community know how your school did. How many students walked? How many trips did they make in total? How many students entered to win the grand prize?
- f. Keep up the momentum! Bring the school community together to discuss what you can do to keep kids walking. Visit our [Schools in motion](#) page for helpful tips and tools.

*Saskatchewan *in motion* does not provide prizes.



Things to think about

Who will stamp passports? Students who walk to school will have their passports stamped **each morning** as they arrive. Think about who will take on this job and where they'll be stationed.

This could be done by:

- school secretary
- School Community Council volunteers
- older students
- teacher or staff volunteers
- parents

What about students who arrive at school by bus? Make plans for bussed students to take part and let parents know how they can participate. For example:

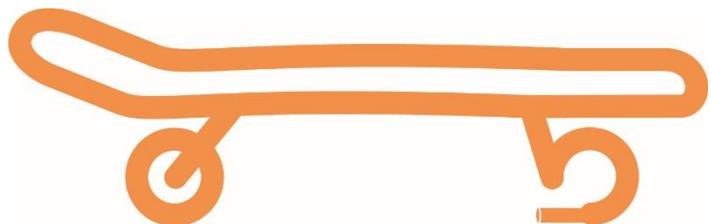
- Can students who live in town walk instead of taking the bus? Our [website](#) provides lots of tools and tips for those who have concerns about starting to walk or bike.
- Can rural students be dropped off a short distance from the school or walk around the schoolyard when they get off the bus?

How will you promote the challenge and encourage walking to school? We've provided a series of tools to help you promote the challenge and the benefits of walking to school.

[Click here](#) to review what's available and decide what you'll use.

We encourage you to **promote the challenge early and often** to maximize exposure and increase the number of walkers. Include challenge details:

- on your school social media page
- in your classroom or school blog
- in your school newsletters
- on your school or classroom announcements



Promoting the challenge

We've developed a series of tools to help you promote the challenge and encourage walking to school. Everything is available for download on our [Schools *in motion*](http://www.saskatchewaninmotion.ca) and [Active & Safe Routes](http://www.saskatchewaninmotion.ca) pages.

Challenge tools

<http://www.saskatchewaninmotion.ca/tools-resources/schools-in-motion>

Guide

Printable passport template

Poster Template

Newsletter article

Newspaper article

School announcement scripts

Parent Handout

**We've developed many of these templates in Microsoft Word for maximum customization, but due to differences in software versions, elements on the page may have moved slightly and will need adjustment.*

More walk to school tools

<http://www.saskatchewaninmotion.ca/tools-resources/active-safe-routes/tools-resources> OR

<http://www.saskatchewaninmotion.ca/tools-resources/families-in-motion>

Handout: Walking Buddy Flyer

Handout: The Truth About Walking & Biking to School

Walking bingo card

Winter walking bingo card

re:activity Walk to school reward chart

re:activity Neighbourhood walkability checklist

Handout: School Travel Planning 101

School travel planning print ad

Walk to school infographic poster

School travel planning videos

- The Myth of Convenience
- Blame it on the Weather?

re:activity videos

- **re:activity** | Stepping it Up
- **re:activity** | That's More Like it
- **re:activity** | Walk To School

