

Announcements for Spring Walk and Roll to School Day

Five days of sample announcements students can make leading up to Spring Walk and Roll to School Day.

Feel free to change them or let students create their own! There's a suggested thank you message at the end for the morning of the event.

Day 1

This spring, <school name> is hosting a Walk and Roll to School Day on <date>! We are encouraging families to leave the car at home and choose an active way of getting to school. This could be walking, cycling, roller blading, using a wheelchair, stroller, skateboard – anything that gets you moving! The fewer cars there are on the streets and the more people we have walking and rolling, the safer it is!

Day 2

Did you know that students who get physical activity in the morning arrive at school more alert and ready to learn? Studies have shown that students who get to school by walking or rolling score higher on tests! Walking and rolling isn't just good for our bodies, it's good for our brains, too!

Day 3

Did you know that reducing the number of cars at schools improves the air quality and creates healthier environments? We can help keep our planet green and clean by walking and rolling to school. If you walk or roll 1 km to and from school each day, you'll save 0.153 tonnes of greenhouse gas emissions every week. That's 76 party balloons!

To show we care about the environment, we can wear green if we walk or roll to school on <date>! When we get to school, we'll receive stickers and raffle tickets for a chance to win a prize! So don't forget, walk or roll to school on <date>!

Day 4

I know that walking and rolling to school is good for my body, my brain, and the environment, but do you know why I really do it? Because it's fun! It means I get to hang out with some friends on the way to and from school. It's way more fun than sitting in the back of my parents' car.

I know that not everyone lives close enough to school to walk, but they could ask their parents to drop them off farther from the school, like at my house! And then we could walk the rest of the way together. If you have friends who live closer to the school than you, ask your mom or dad if they can bring you there instead, so you get to have fun on the way to school, too!

Day 5

Tomorrow is Spring Walk and Roll to School Day!

Do you already walk or roll to school every day? Invite other friends and families to join you tomorrow!

Do you take public transit? Awesome! You'll get to walk from the bus stop, and can bring friends with you, too!

Do you live too far and need the car? Ask your parents to drop you off farther away tomorrow, or ask if they can drive you to a friend's house and walk the rest of the way with them.

Don't forget if you walk or roll tomorrow you get to wear green, and you'll receive a sticker and be entered into a draw for a prize!

Let's get moving <school name>!

On the morning of the event, the announcement can be a thank you message and draw names for the prizes. *This is assuming the school has some prizes to raffle off (such as water bottles, umbrellas, hats, gift cards).*

Sample thank you message:

A big thank you to everyone who walked or rolled to school today! By leaving the car at home, you and your family are helping us create a greater sense of community, enhancing the safety of our neighbourhood, protecting the environment, and supporting healthy living. Today was a special Spring Walk and Roll to School Day, but really, every day can be walk and roll to school day if you choose an active trip. We hope you had as much fun as we did, and we look forward to even more walking and rolling this spring and summer!

