

## Spring Walk and Roll to School Day

### Recommended Activities

- Stickers and raffle tickets handed out to those arriving by foot/bicycle/mobility device/scooter/etc.
- Police participate in walk and bike and/or handing out stickers/raffle tickets.
- Short school assembly first thing in the morning – quick presentation on benefits of walking and rolling to school; short message from the principal; any local dignitaries make quick speech; “[dance walk](#)” activity; raffle draw; may ask public health nurse about wheel safety presentation (max. 30 minutes total).
- Students encouraged to wear green clothing that day.
- Special bus drop off (a few blocks from school) with supervised walk. Must coordinate with your student transportation consortium.

### Recommended Preparation (starting several weeks before event)

- Recruit parent volunteers and student leaders.
- Confirm participation of community police.
- Invite local councillor, school trustee, potentially other City staff or gov’t officials (let them know if you’re having an assembly and if they may speak).
- Consider inviting media.
- Have students design posters to promote the event (and/or use existing poster).
- Make regular announcements about the event leading up to it (Examples available).
- Have teachers incorporate active transportation in lesson plans leading up to event (Resources available).
- Announce event at school council meeting and ask parents to spread the message.
- Include message in school newsletter; promote event using social media.
- Invite public health nurse and/or Police to do classroom presentations about pedestrian and cyclist safety. (Appropriate as preparation and/or as an event day activity).

### Sample Newsletter Message

<school name> is joining schools across the country in hosting a Spring Walk and Roll to School Day on <date>. On this day, families are encouraged to leave the car at home and choose an active, healthy, environmentally-friendly, and safe trip to school. Students are encouraged to wear green to celebrate the event. We know not all families live close enough to walk or roll, so if you are travelling a long distance, please park several blocks away and walk/roll the last leg of the trip, or take public transit and consider getting off a stop earlier than normal!

Walking and rolling to school is about creating a greater sense of community, enhancing the safety of school neighbourhoods, being kind to the environment and our bodies, and simply having fun. We hope you’ll join us by walking or rolling to school on <date>!

