



STARS and National Walking Month 2022 Activity Booster Sheet

WHAT IS NATIONAL WALKING MONTH?

National Walking Month takes place every May to celebrate walking and the many health and environmental benefits it brings. It is also an effective way to prompt debate about transport-related concerns and an opportunity for schools to tackle local transport issues.

DID YOU KNOW?

Did you know that taking part in National Walking Month can also help count towards your STARS accreditation? Simply select the STARS Activity Card that corresponds to the activity you're running in school and share your story. **National Walking Month** has its own activity card to get you started!



HOW DO I GET INVOLVED?

To do this, sign in to your **STARS Online account**, select the activity from the list and click on 'Tell your story'. You can include photos, posters, newsletters, risk assessments and other relevant documents to show how your activity was completed. You can then publish your story in the 'Stories' section to share your achievements.

See the list below for our suggestions of activity cards that are aligned with National Walking Month.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 CONSULTATION	<p>Work with a small group of pupils (e.g. JTA's / eco council, school travel working group) to decide how you'd like to use the month to support your active travel targets.</p> <p>Encourage staff members to get involved too - conducting a survey can help to identify any barriers they face when it comes to travelling actively to school.</p> <p>Ask parents/carers who travel with their children to identify any issues they encounter and to share their thoughts on how they could be supported to travel more sustainably.</p>	<p>Pupil Involvement</p> <p>Staff Involvement</p> <p>Parent/carer involvement</p>
 PROMOTION	<p>Add promotional posters to your school's travel notice board and include information on your school's website and in newsletters</p> <p>Work with pupils to come up with social media content to help promote National Walking Month via your school's social media accounts (if applicable), blogs and newsletters. Remember to promote the highlights throughout the month</p>	<p>School Travel Noticeboard and Webpage</p> <p>Communicating with parents/carers</p>
 WALKING	<p>Why not use the month to launch a new initiative, such as a cycle club or walking bus to enable more pupils to walk and cycle to school?</p> <p>You might be able to agree with a local supermarket, church or community space to allow parents to use their car park and walk the rest of their journey to school</p> <p>Brisk Walk Challenge – challenge pupils to walk briskly for 10 minutes a day and track their progress</p> <p>Walking Zones – you can promote the use of your walking zone maps to families or, if you don't already have a Walking Zone, create your own 5 and 10-minute walking zone with pupils in class.</p>	<p>Cycle club</p> <p>Walking bus</p> <p>Park and Stride</p> <p>Active 10 – Brisk Walk Challenge</p> <p>Walking Zones</p>
 CURRICULUM	<p>Run a letter competition/class activity where pupils are encouraged to write a letter to the Mayor of London or your local Councillor or MP, appealing for more and better sustainable transport options. The most persuasive letter could be read out during an assembly or in class.</p> <p>Short film competition/class activity – ask pupils to create a short film that highlights the environmental benefits of green transport. It could consist of a song, a poem, role play, or call to action.</p>	<p>Other curriculum activity</p> <p>Environmental benefits of active travel</p>