



STARS and Walk to School Week – Activity Booster Sheet

WHAT IS WALK TO SCHOOL WEEK?

Walk to School Week is a five-day walking challenge in which children are rewarded for walking, cycling or scooting every day of the week. This year it's taking place from 16 May to 20 May 2022 - it's the perfect way to celebrate **National Walking Month** this May.

Check out the **Living Streets' website** for this year's theme, and sign up for updates in the lead up to the event!

To support schools throughout Walk to School Week, Living Streets have **resource packs** available to order, suitable for KS1 and KS2. Their classroom packs provide everything you need for a class of 30 pupils to take part. This includes wallcharts, activity diaries, stickers and lesson resources for teachers and parents.



DID YOU KNOW?

Simply select the STARS Activity Cards that correspond to the activity you're running in school, tell your story and keep working towards your next STARS accreditation. **Walk to School Week** has its own activity card to get you started!

HOW DO I GET INVOLVED?

To do this, sign into 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 **STARS Activity Cards** that align with Walk to School Week.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 CONSULTATION	<p>Work with a small group of pupils (e.g. JTA's / Eco council) to plan activities for Walk to School week, and to help promote it beforehand.</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>Pupil Involvement</p> <p>Staff Involvement</p>
 PROMOTION	<p>Add promotional posters to your school travel notice board and include information on your schools website and in newsletters.</p> <p>Don't forget the power of social media – if your schools uses this, you can share highlights throughout the week.</p>	<p>Communicating with parents/carers</p> <p>Publicity within the local community</p>
 CURRICULUM	<p>If available, use Living Street's activity packs to teach pupils about the health and environmental benefits of activity travel.</p> <p>Or create your own lesson plans and assemblies adapted to the needs and abilities of your class.</p>	<p>Environmental benefits of Active Travel</p> <p>Health benefits of Active Travel</p>
 WALKING	<p>You might be able to agree with a local supermarket, church or community space to allow parents to use their car park for a Park and Stride location so families can walk some of their journey to school.</p> <p>Walking Zones – you can promote the use of your walking zone maps to families or, if you don't already have one, create your own 5 and 10 minute walking zone with pupils in class.</p>	<p>Park and Stride</p> <p>Walking Zones</p>