

STARS and Walk to Work Day 2022

Activity Booster Sheet

WHAT IS WALK TO WORK DAY?

Walk to Work Day takes place at the beginning of April every year to celebrate people walking to work and to raise awareness of how vital it is that we all build activity into our daily lives. It is also an effective way to prompt debate about travel-related concerns and an opportunity for companies, organisations, and schools to tackle local transport issues.

The next Walk to Work Day will take place on 1 April 2022.
(And no, this is not an April's Fool).

DID YOU KNOW?


Did you know that taking part in the event is a great way to help boost your school's STARS accreditation level? Simply select the STARS Activity Card that corresponds to the activity you're running in school and share your story.

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 activity cards that are aligned with Walk to Work Day.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 CONSULTATION	Set up a Walk to Work Day competition or challenge for school staff, and promote the events and their results to pupils, parents and carers to show school staff are taking active travel seriously. Use this as an opportunity to consult with school staff about what active travel incentives might motivate them, and what barriers they need to overcome to leave the car at home.	Staff involvement in Active Travel
 PARTNERSHIP	Consider working with organisations, companies, charities etc. to see if they might sponsor the event.	Other partnership activity
 PROMOTION	<p>Promote Walk to Work Day's activities on your school's travel notice board, website, social media accounts, and in staff rooms.</p> <p>Work with pupils to come up with social media content to help promote Walk to Work Day via your school's social media accounts (if applicable), blogs and newsletters. A possible theme could be 'Could some parents/carers walk to work after dropping their children off at school?'</p>	School Travel Noticeboard and Webpage Communicating with parents and carers
 WALKING	<p>Record how staff travel to school on Walk to Work Day and consider rewarding those that walk.</p> <p>Consider setting up a walking buddy system for staff walking to school</p> <p>For colleagues who cannot walk to school or work, perhaps organise a lunchtime walk so they can take part and be active and healthy.</p>	Other travel competition Other walking activity Walking trip
 CURRICULUM	Consider running lessons on Walk to Work Day that teach the environmental, health, economic and sociological benefits of walking to and from work, school etc.	Other curriculum activity Environmental benefits of active travel