

## WALK WITH US!

Grove Academy will be taking part in a five-day walking challenge, which is an annual celebration of the walk to school and the perfect activity to celebrate National Walking Month this May

The fun and engaging week-long activity for primary schools has been built to make **pupils experience first-hand the importance of walking to school.**

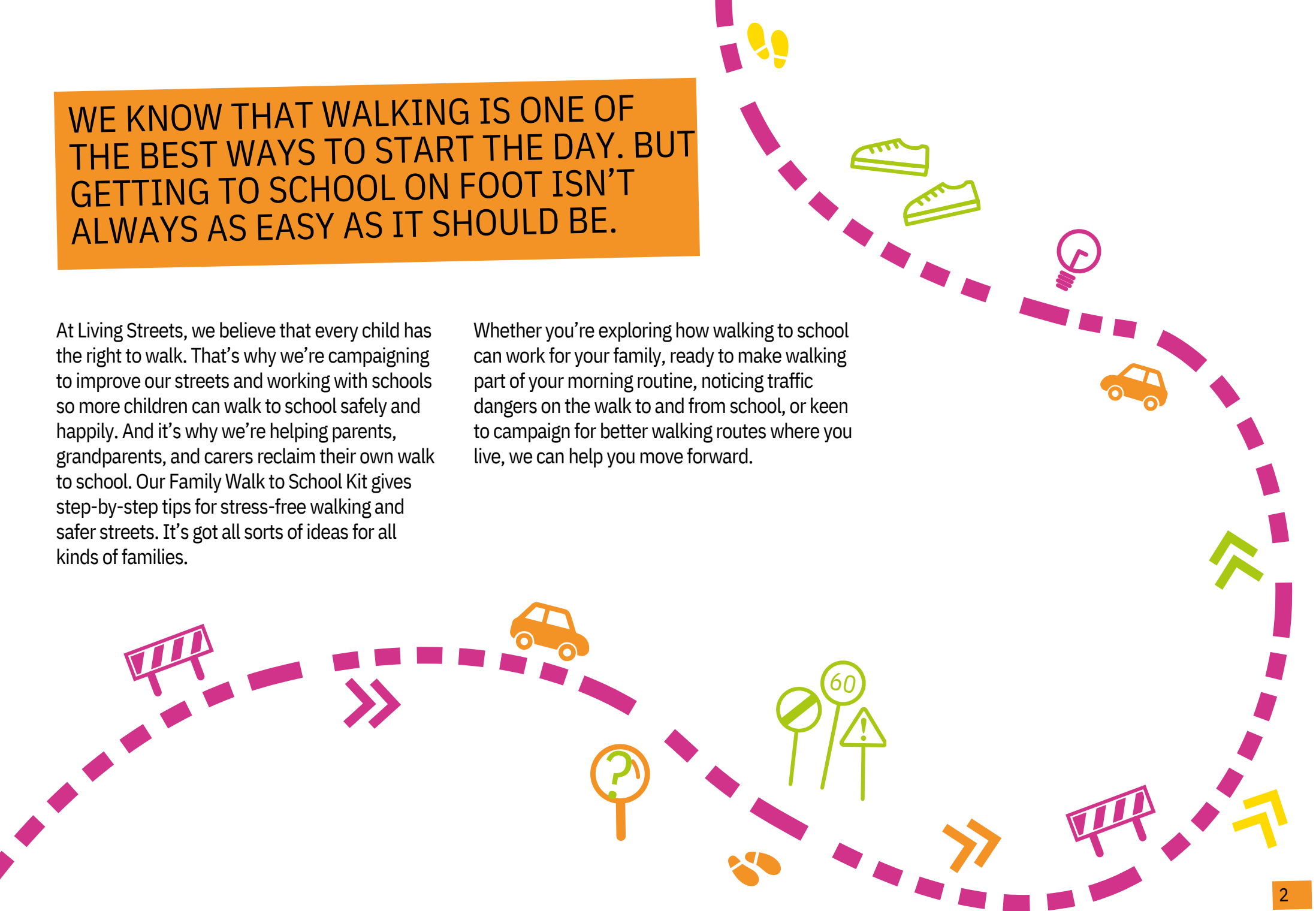
Through this challenge, children will be well on their way to reaching their recommended **60 minutes minimum of physical activity per day** before even reaching the school gates!

**Last year**, a record number of over 350,000 pupils across the UK took part! Join this growing movement of children walking to school and help us make 2022 our biggest year yet

WE KNOW THAT WALKING IS ONE OF THE BEST WAYS TO START THE DAY. BUT GETTING TO SCHOOL ON FOOT ISN'T ALWAYS AS EASY AS IT SHOULD BE.

At Living Streets, we believe that every child has the right to walk. That's why we're campaigning to improve our streets and working with schools so more children can walk to school safely and happily. And it's why we're helping parents, grandparents, and carers reclaim their own walk to school. Our Family Walk to School Kit gives step-by-step tips for stress-free walking and safer streets. It's got all sorts of ideas for all kinds of families.

Whether you're exploring how walking to school can work for your family, ready to make walking part of your morning routine, noticing traffic dangers on the walk to and from school, or keen to campaign for better walking routes where you live, we can help you move forward.



WELCOME TO THE START OF YOUR WALK TO SCHOOL JOURNEY. IN THIS SECTION, WE TALK ABOUT THE BENEFITS OF WALKING AND DISCOVER WHY FAMILIES ARE SWAPPING CARS FOR FEET ON THE SCHOOL RUN.

Great reasons to walk to school

Walking

GOOD FOR GROWING BRAINS, BONES, MUSCLES, AND IMAGINATIONS.

Exercise

ADULTS

30  
MINUTES

5 DAYS A WEEK



CHILDREN & YOUNG PEOPLE

1 HOUR  
A DAY

ENOUGH TO MAKE THEM HUFF AND PUFF.



MANY CHILDREN AREN'T GETTING ENOUGH EXERCISE. TWENTY YEARS AGO, MOST CHILDREN WALKED TO SCHOOL. NOW, ONLY HALF DO. SCIENTIFIC RESEARCH SHOWS THE LESS WE MOVE, THE MORE VULNERABLE OUR BODIES AND MINDS ARE TO ILL-HEALTH.

BUT THERE IS GOOD NEWS.

Walking to and from school gets your children moving, helping them reach their daily exercise goals. There are other big benefits too:

Regular walking helps build strong, healthy muscles and bones

Physical activity supports brain power and performance in class

Walking helps your children arrive at school wide awake and ready to learn

It improves mood, reduces stress, increases focus, and improves sleep

It helps parents, carers, and grandparents get exercise and builds healthy family habits for life

Walking helps people of all ages reduce the risk of getting conditions like cancer, heart disease and diabetes

More people walking means fewer cars on the roads, which means cleaner air and less traffic and congestion

You don't need to be fit, or own a snazzy sports kit—you already have everything you need to step out

WALKING IS BENEFICIAL FOR RELATIONSHIPS TOO. PARENTS AND CARERS OFTEN TELL US THAT WALKING TO SCHOOL IS A GREAT TIME TO CONNECT. AND CHILDREN SAY THEY LOVE SPENDING TIME WITH THEIR FAMILY ON WALKS TO AND FROM SCHOOL.

LAYTON'S DAD, JACK, TOLD US:

Walking my seven-year-old to school, instead of driving, gives me twenty minutes where I can focus only on talking to him. Sometimes our chats are deep, often they are trivial. But they are always important.



20   
MINUTES  
WHERE I CAN  
FOCUS ONLY ON  
TALKING TO HIM



IF YOU'D LIKE TO WALK YOUR CHILD TO SCHOOL BUT CAN'T SEE PAST WHAT'S MAKING IT TRICKY, THIS IS THE SECTION FOR YOU.



It's not safe; our route involves crossing busy roads



I have to get to work

4 SCHOOL

We live too far away

PRIMARY SCHOOL

SECONDARY SCHOOL

My children go to different schools

This is Britain, we'll get soaked!



FOR MANY FAMILIES, WALKING TO SCHOOL ISN'T ALWAYS THE EASY OPTION IT SHOULD BE. THAT'S WHY PARENTS, CARERS, AND GRANDPARENTS ACROSS THE UK ARE GETTING CREATIVE. THEY ARE FINDING THEIR OWN WAYS TO MAKE WALKING WORK FOR THEIR FAMILY—AND KEEPING IT SIMPLE AND STRESS-FREE.

## Pushed for time?

### Start with small steps

If you're keen to walk to school but time feels tight, commit to walking one day a week or walking part of the way. Once you've cracked your walking-morning routine, you can step it up.



## One-way walks

If the walk to school isn't doable, there's always the walk home. Lots of parents find morning school-runs tricky but can manage their day to fit around the walk home. Many employers offer flexible working to help parents meet childcare needs too. If your employer's policy isn't clear, it's worth asking about.

## Rely on wraparound childcare?

### Choose an active travel provider

If your child goes to breakfast clubs or has after-school care, you can pick a provider that builds walking into your little one's day.

## Find walking buddies:

### Take turns with other families

Families often buddy-up and take turns to walk their kids to school. It's a great way to share the school run, and it's fun for your kids to walk with their friends.





## Worried about safety?

### Show as you go

All our children should be able to walk to school without fear. That's why we campaign for safer streets that put people first (see section 4). But in addition to that, showing your children how to spot risks and be safe near busy roads is one of the best ways to protect them. Practising road safety makes kids more aware, more confident, and safer around traffic. And gives you peace of mind as your children become more independent.

## Too far to walk or heading straight to work?

### Park and stride

Live in a rural area or too far away to walk all the way to school? Need to head to work after school drop-off? Consider driving part of the journey and walking the rest. By leaving your car a ten minute (or more) walk away from school, you'll be making sure your child gets exercise. And you'll avoid congestion outside the school gates and get to work on time. Find out more about Park and Stride in the next section.



## Unwilling walkers?

### Make it fun

Sometimes, we suggest an idea to our kids and get 'the look' or a straight 'no, I don't want to.' If your child isn't keen to walk to school, arrange to meet friends and walk together or turn the journey into a game.

## Rubbish weather?

### Welly-up

Kids know there's nothing better than splashing in puddles, so don't let the rain dampen your spirits. One of the joys of walking to school is getting out rain or shine. If you keep an eye on the skies and have wellies, woollies, and all-weather-wear to hand, a bit of rain won't spoil your day.





# IDEAS FOR BRINGING WALKS TO LIFE



SOME DAYS WE ALL NEED A BIT OF PEP IN OUR STEP. FINDING PLAYFUL WAYS TO ENGAGE YOUR KIDS ON THE WALK TO SCHOOL CAN MAKE EVERY WALK DIFFERENT. HERE ARE A FEW FUN IDEAS TO FIRE THEIR IMAGINATIONS (AND YOURS).

## Collect clues and solve a walking mystery

How could you make your route to school safer for walking? Our Street Detective Kit (available September 2018) shows curious minds how to find clues that reveal how foot-friendly their route to school is.

### I Spy

See if you can spot an object that begins with each letter of the alphabet on your walk to school. Say your answers out loud or write them down, using our printable Family I Spy checklist: [www.livingstreets.org.uk/media/1647/948-i-spy.pdf](http://www.livingstreets.org.uk/media/1647/948-i-spy.pdf)

A B C



### Nature trail

Whether you live in a city, town or village, wildlife is all around. And the walk to school can become a nature trail—you just need sharp eyes and ears. How many different cats crossed your path? Which birds have the chirpiest tweet? Can you tell which tree a leaf came from by its shape and size?

### Skip, swoop or sneak to school

One day, your coat makes you invisible. Will you get to school without being seen? The next, you're an eagle, swooshing your way along the streets. Imagination games are great fun and a brilliant way to fire-up your child's imagination.

THIS SECTION IS ABOUT STEPPING-UP YOUR COMMITMENT TO WALKING TO SCHOOL, FINDING OTHER FAMILIES TO WALK WITH, AND GETTING OTHERS INVOLVED.

## Park and stride groups

Lots of people are in the same boat, so it's common for local Park and Stride groups to spring up. The idea is simple: Everyone agrees a meeting place and time and walks their children to school together. Where local parking is tricky, local companies and supermarkets may help by offering free parking in a section of the car park around school start and finish times.

Whether you live in a rural or urban area, Park and Strides offer a great way to save time, cut congestion, and make walking to school part of your child's day. If Park and Strides sound up your street, our handy tips will walk you through every step:

[www.livingstreets.org.uk/media/2035/park-and-stride-print.pdf](http://www.livingstreets.org.uk/media/2035/park-and-stride-print.pdf)



## Building a walking community

Walking to school with other families is a great way to build an active community and create safer, friendlier streets. Encourage your friends and family to walk with you and make getting to school on foot an everyday choice.

## Walking together

Get together with friends and family to share responsibility for the walk to and from school. Setting up a walking bus—a group of children walking to school with one or more adults—can be helpful for families, but often they are hard to sustain. Our advice is, if you're keen to start a walking bus, suss out if your school or local authority can help first.

## Reclaiming your street

Until recently, most kids played in the street they lived on. Imagine reclaiming the roads for safer walks to school, play and games. Well, here's the news: Parents across the UK are getting permission to close their streets to traffic for a few hours a week or month so that children can play out freely, make friends and gain independence. There's even a UK-wide organisation called Playing Out, which offers advice on how to do this where you live: [www.playingout.net](http://www.playingout.net)