

INTERNATIONAL WALK TO SCHOOL MONTH



This October we are promoting [International Walk to School Month](#) bringing together sustainable travel and road safety themed weeks across the month and we would love schools to get involved and deliver some activities. Why not use the ideas and suggestions below to plan your own month or develop your own activities, make sure you tell everyone your plans!

Week	Theme	What could we do?	
Week 1 2-6 October	Let's get walking week	<ul style="list-style-type: none"> • 'Walk with Wildlife' take part in the 5 day walking challenge, register for W2SM and order your free classroom packs here • Check out our new Walking Book and come up with your own 'walking recipe' (see info below) 	<ul style="list-style-type: none"> • Hold a Happy Shoesday (see below) • Hold a themed walk to school day • Organise a scavenger hunt for the journey to school • Learn our Sea Shanty • Celebrate WOW if taking part
Week 2 9-13 October	Bring your wheels to school week	<ul style="list-style-type: none"> • Start some cycling or scooter break times • Count the bike or scooters in your storage space and pick one at random to win house points or a small prize • Design a 'Tour de Northumberland' cycling jersey 	<ul style="list-style-type: none"> • Show pupils how to complete an M Check use this one for younger pupils • Hold a Dr Bike • Take a photo of your full cycle or scooter storage and share it @N_landCouncil • Hold a bling your Bike or Bikers Breakfast
Week 3 16-20 October	Be bright be seen week Also see our Road Safety Padlet	<ul style="list-style-type: none"> • Have a Wear it Bright Day or Hi Vis event with one of our Hi-Vis packs • Hold a Road Sign Scavenger hunt • Find the safe places to cross near your school 	<ul style="list-style-type: none"> • Play the Be Bright Be Seen Games on the Think website • Hold a breaktime 'How to use the Green Cross Code' session
Week 4 23-27 October	Clean up our environment week	<ul style="list-style-type: none"> • Promote our Smarter Parker Campaign (see below) • Request a litter picking kit here and hold a litter collection walk near school • Hold a 'Car Free Day' 	<ul style="list-style-type: none"> • Start an 'Anti Idling' campaign • Encourage staff to car share • Find out how you could set up a Park and Stride or 5 Minute Walking Zone around your school

For more information contact tracy.aitken@northumberland.gov.uk and check out our [Padlet](#)

Got a bit more time, you could try some of these ideas

Check out our [Schools Go Smarter padlet](#), we will be adding resources to the Walk to School Month tab to download



Inspire some Eco Warriors

Climate change concerns are high on everyone's agenda and young people are enthusiastic ambassadors for environmental change. At [Action for Clean Air](#) schools can develop a Clean Air Action plan and discover a wide range of [resources](#) for all key stages.

Strut those Funky Feet

As well as encouraging pupils to come to school in their 'Happy Shoes' why not have a funky shoe parade, sing some walking themed songs in assembly, draw around feet to make walking pledges or even go for a nature spotting walk.



Looking for some resources to share with parents?



Being out and about walking, cycling or scooting provides a great opportunity for families to practise road safety skills, especially in preparation for the darker months. [Tales of the Road](#) is a highway code written for younger road users and would be great to share with families. The [THINK.GOV.UK](#) website has a host of other Road Safety resources.

[The Big Northumberland Gear Change](#) has a range of challenges suitable for families, such as finding a new walk or ditching the car for those shorter journeys, as does Living Streets [family activity pack](#)



Cook up some 'Walking Recipes'

Contribute to our [School Walking Recipe Book](#), we want to create a school version of our [Big Northumberland Gear Change Walking Book](#) this isn't about cooking (although that might work) but a series of ideas to get us all walking more.

A walking recipe should contain a list of ingredients and a set of instructions, check out some of the

ideas in our [walking book](#) for inspiration.

If you are intrigued and want to find out more, have a look at the Walk Create Project, who kindly allowed us to reproduce and adapt some of their activities from [The:Walkbook:Recipes for Walking and Wellbeing](#) you can find more creative walks on their website: www.walkcreate.gla.ac.uk

If you'd like to deliver an activity based on Walking Recipes and would like some support, please get in touch. There will be a walking recipe template to submit your ideas.



Get everyone pedalling

There are some great lesson plans for all key stages and subjects on the [Bikeability](#) website. Including, creative writing KS2 – 'Create a Drama from the Highway Code', Science KS1 'Learn all about your Heart' and Geography KS1 'Learn about cycling in your Community' as well as plenty for EYFS.

We all love a Smarter Parker

Use our [Smarter Parker Resources](#) to run a safer parking campaign and discourage inconsiderate parking. We have banners and leaflets as well as a [film](#) that shows why we use a camera car to enforce responsible parking near schools.



You could use this sheet to plan your own W2SM activities

Week	Theme	What are we doing	When /Who
Week 1 2-6 October	Let's get walking week		
Week 2 9-13 October	Bring your wheels to school week		
Week 3 16-20 October	Be bright be seen week		
Week 4 23-27 October	Clean up our environment week		

If you are using social media to share what you are doing during Walk to School Month, please tag in Northumberland County Council and The Big Northumberland Gear Change, thanks.

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Twitter

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@NLandGearChange