



# Active Travel Schools' Toolkit



greater WELLINGTON

REGIONAL COUNCIL

Te Pane Matua Taiao

# Welcome

Many schools in the Wellington Region are successfully encouraging students to walk, cycle or scoot to school. Children learn, grow and have fun when they get active on the way to school.

The toolkit's step by step guides have been adapted from successful New Zealand and international programmes to increase the number of students walking, cycling and scooting to your school. Reduce the chaos at the school gate and improve student's road safety skills with these fun and easy initiatives. This toolkit contains links to useful curriculum resources and ideas for walking, cycling and road safety initiatives.

Schools have a range of travel issues and opportunities. Use the table below to choose options to best suit your school's needs. Find the outcomes you would like to achieve (in the left hand column) and see which options on the right might be the most effective.

Intended Outcomes	Toolkit Options			
	Walk & Wheel	Parent Pledge	Park & Stride	Super Safe Strider
<b>Parents...</b>				
Role model safe pedestrian behaviour		✓		
Allow their children to walk all or part of the way	✓	✓	✓	
Park at least 100m from the school		✓	✓	
Drive safely near your school. No more: <ul style="list-style-type: none"> <li>• U-turns</li> <li>• Parking on yellow lines</li> <li>• Double parking</li> <li>• Backing out of driveways</li> </ul>		✓		
<b>Students...</b>				
Have the skills to walk or wheel to school				✓
Know safe routes to school				✓
Are enthusiastic about active travel	✓			

## Example Issue: Congestion/chaos around the school gate

All four initiatives can reduce the congestion/chaos around the school gate by:

- ✓ Students implementing an incentive programme to encourage their peers to walk and wheel to school. Students become excited about walking and wheeling to school and 'Pester Power' has proven very effective on parents!
- ✓ Encouraging parents to park further way from school. Park & Stride also allows students who live too far away to participate in Walk & Wheel.
- ✓ Parents pledging to role model good behaviour near the school by using pedestrian crossings, not double parking and doing u-turns near the school.
- ✓ Teaching and encouraging students to use pedestrian crossings safely near the school.

Cover photo: New Zealand Transport Agency

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# Walk or Wheel (WOW)



## Resources

Posters, certificates, passports, and newsletter text can be copied from the back of this toolkit or downloaded from:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)

## Get Walking and Wheeling!

Research shows that getting active on the way to school can improve children's independence, confidence, road and personal safety skills and general health and wellbeing.

A *Walk or Wheel!* promotion could be a good place to start. It's easy to run and you can adapt it to your school's needs.

Here are a few tips to help you on your way.

### Find a Walk and Wheel Champion

It's good idea to have a main contact for *Walk or Wheel!* Appoint a group of senior students or a lead teacher to be the *Walk or Wheel!* Champion(s). They can tally up how many students are walking & wheeling, give out prizes and communicate information about the promotion.

### Pick a Day

Choose one day of the week to be your school's *Walk or Wheel!* day. Look at adding other days once you get things rolling!

### Passports and Recording

Each student taking part gets a Passport to clip or stamp each morning. Print your own Passports from the toolkit web page and paste them onto card or make your own.

Alternatively, use class charts or have a clipboard at the gate. Whatever system you decide on you will need someone to manage it so keep it simple!



### Prizes

Once students have filled their card or collected a certain number of points they could go into a draw to win a prize. You may also like to give out small prizes along the way to keep them motivated.

If you run an inter-class competition perhaps offer a trophy for each term. A "Golden Foot" trophy is easy to make - just spray an old shoe with gold paint and mount it by nailing it to a piece of wood.

# Walk or Wheel - Promotion Ideas

## Walk or Wheel Launch

To kick off the promotion and build some enthusiasm in your school why not have a launch? Invite the Mayor or other local VIPs.

## Fancy Feet Day

Get all the kids who walk and wheel to school to dress up their feet!

## Theme Day

Have a different dress up theme on your *Walk or Wheel* day, e.g. Fancy Hats or Harry Potter.

## Set up a Walking School Bus

If parents are concerned about their young children walking to school, encourage them to set up a Walking School Bus.

See Super Strider Skills.

## Walk of Fame

Make the walkers of your school 'famous'. Set up a 'Walk of Fame' in your school grounds with the footprints of all the students who walk to school regularly.

## Slogans and Signs

Get parents and/or students to develop creative slogans to promote your *Walk or Wheel* promotion and/or road safety messages. Put them on a sign outside school.

## Walk or Wheel Notice Board

Create a notice board in the office to display information promoting *Walk or Wheel* and other travel related messages.

## Family Fun Night

Hold an evening event for families to promote road safety, the benefits of walking or cycling to school, and advertise your *Walk or Wheel* initiative.

## Mapping Student Travel

Get students to map their route to school and discuss the hazards and safe crossing points etc. See page Park and Stride.

## Set up a Park and Stride Scheme

Some students will live too far away to walk or cycle. They can still participate if they walk for at least ten minutes. Find a sports club or church car park nearby for parents to drop off their children so they can walk the rest of the way.

## Curriculum Integration

The New Zealand Transport Agency's Education Portal has a wealth of curriculum resources around safe travel to school.

Encourage your teachers to spend some time in class discussing active and sustainable travel.

Find links to all the relevant key competencies and learning areas at:

<http://education.nzta.govt.nz/resources>



# Walk or Wheel - Inspiration

## Greytown School Walk or Wheels Club

As part of Greytown School's initial school travel plan, their Kaitiaki Crew set up a Walk and Wheels Club. Students who walked, cycled or scooted to school got their special student designed ticket clipped and received stickers, badges, frisbees and drink bottles once they filled their ticket. The Kaitiaki Crew worked on a roster system to be responsible for clipping tickets and handing out prizes at the school gate.

The WOW Club was promoted to students at assembly and through posters around school. The Club became very popular with a huge number of students taking part.

The School Travel Plan Lead Teacher at the time, Caragh Briggs said over 80 students took part on a regular basis and parents commented on how easy it was to get their kids walking and cycling.

These are some of the comments from the School Travel Plan Survey:

*"She wanted to start biking to school - the stamps they get on their card was an incentive."*

*"We live too far to walk all the way to/from school. However, since the introduction of rewards, both children are more keen to walk part way. They are also interested in biking to/from school."*

*"We used to travel regularly by car but... the School's 'Walk To School' promotions/education has made walking our main method."*

*"Having a 'ticket' clipped when he gets to school has been a real incentive for him to bike."*

As part of the WOW Club the Kaitiaki Crew, with the help of the then School Travel Plan Coordinator, Rebecca Jamieson, developed a Walking Map to encourage students to choose safer walking routes to school. The map showed hazardous intersections to avoid, identified footpaths and pedestrian crossings and showed parents and students the safer routes and crossing points to use.

The map was launched with a 'Walk Your Parent to School Day' where students and parents were encouraged to walk to school together using the map. There was a great turn out and participants received stickers and temporary tattoos as well as apples donated from a local supplier.



Photos:

Left: students receiving their apples and giveaways at 'Walk Your Parent to School Day'


Right: students getting their WOW tickets clipped

1 2 3 4

10

5 6 7 8 9

**WOW**  
PASSPORT




1 2 3 4

10

5 6 7 8 9

**WOW**  
PASSPORT




1 2 3 4

10

5 6 7 8 9

**WOW**  
PASSPORT




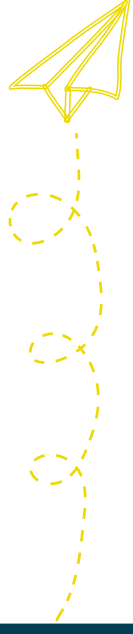
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10

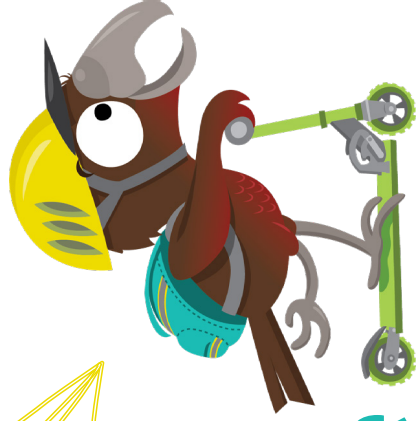
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**WOW**  
PASSPORT





# WOW Challenge



## Dear Parent/Caregiver,

Research shows that getting active on the way to school can improve children's independence, confidence, road and personal safety skills and general health and wellbeing.

To encourage active travel, our school is running a Walk or Wheel Challenge.

## What is Walk or Wheel?

Walk or Wheel (WOW) aims to encourage students to walk, cycle, scooter or skateboard to and from school.

## Rewards

Participating students will complete a special Walk or Wheel Passport and receive small rewards for their efforts.

They may even go into a draw for bigger prizes at the end of the term!

## But we live too far from school to walk...

Trying driving part way to school and walking the last 5 minutes. This reduces congestion at the school gate and enables your children to get active and take part in Walk or Wheel.



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WOW  
Certificate



Congratulations you're a WOW Super Hero!



Signed: \_\_\_\_\_

Date: \_\_\_\_\_

WOW  
Certificate



Congratulations you're a WOW Super Hero!



Signed: \_\_\_\_\_

Date: \_\_\_\_\_

# Parent Pledge

## Pace Car Programme

Here is another example of a pledge programme used for drivers in the wider school community.

“The Pace Car program helps stop speeding on neighbourhood streets. It’s simple – drivers in your community sign the Pace Car pledge, and then proudly display the official Pace Car emblems on their cars. By agreeing to drive within the speed limit, cars become “mobile speed bumps,” slowing the traffic behind them. Drivers also agree to be more aware of and courteous to other road users, especially pedestrians and cyclists. Many Pace Cars can effectively calm traffic throughout your neighbourhood. The more people who join, the better it works! The Pace Car program was invented by David Engwicht of Creative Communities International, Queensland, Australia.”

<http://saferoutesns.ca/programs/pace-car>

Download the *Parent Pledge* card template at

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)

## How to set up a Parent Pledge system

A *Parent Pledge* system is where parents agree to model safe behaviour near the school by signing a *Parent Pledge* card. Here’s how you can set up a *Parent Pledge*:

Discuss what your main issues are. Is it speed? U Turns? Parking? Parents not using crossings? You might want to spend some time observing driver behaviour.

Create pledge cards – you or your students can develop your own pledge cards or download a template from:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)

Your pledge cards will include your main issues. Some examples include:

I promise to:

- Slow down near the school
- Allow my children to walk or wheel to school
- Use alternative drop-off points
- Drop my children further away from school so they can walk part of the way
- Be a good role model and use pedestrian crossings
- Not park on yellow lines or over driveways

## Communication

Include a notice in your newsletter about the *Parent Pledge* scheme or send a letter home with the *Parent Pledge*.

Download a template at:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)

Congratulate parents who sign the pledge and exhibit good driver behaviour:

- Publish their name in the newsletter
- Give out small prizes or certificates

**Parent Pledge**

**I PROMISE TO:**

- Allow my children to walk or wheel when possible
- Use alternative drop-off points
- Slow down when driving near the school
- Not park on yellow-lines or over driveways
- Not do u-turns near the school

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Parent Pledge - Inspiration

## Traffic Tamers

You might like to use a combination of a walk to school and parent pledge initiatives.

David Engwict, the inventor of the Walking School Bus has developed a holistic walk to school programme called *Traffic Tamers*.

The programme combines a walking to school promotion and the Parent Pledge in a fun and imaginative way. Children are taught the three magic ways to 'tame *dragon wagons*' (cars). They get a magic star each time they help tame *dragon wagons*.

1. The first and easiest way to tame *dragon wagons* is let them rest in the garage and walk to school. Each morning the teacher or students count how many magic stars they have earned by walking, and mark them off on a chart.
2. Students can earn bonus magic stars by getting adults to sign a Tamed Dragon Wagon Pledge. The Pledge states that the adult agrees to drive within the speed limit and help make streets safer for kids.
3. Students can also earn bonus magic stars by sponsoring another class or schools in becoming part of the Traffic Taming programme. The more kids playing, the safer streets become.

When the class reaches a predetermined number of stars they get a reward that does not cost money: for example, a double length lunch, homework free night, a walk to town, etc.

## Angela's Story

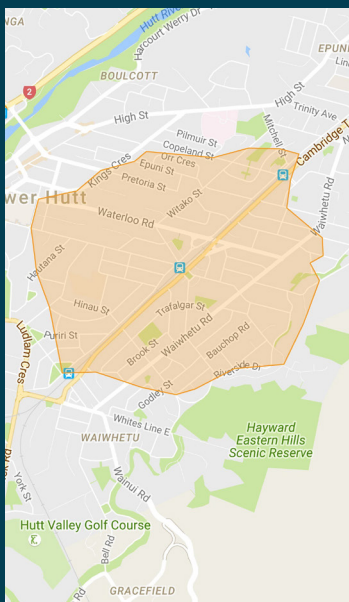
Angela Baker-Price was the first teacher to implement *Traffic Tamers* in Baesweiler, Germany. Angela has seen some fantastic results at the school and in the wider community with 80-90% of the 400 students walking every day.

*"As a teacher at the same school for over 25 years, she had witnessed a slow erosion of children's ability to explore their neighbourhood and city in ever widening circles as they matured. She believed that this shrinking of home territory had serious consequences for the psychological well-being of children. She believed passionately that their identity was tied to the sense of independence and mastery that comes from the freedom to explore the entire city– the ability to face challenges and overcome those challenges. She also believed that children's sense of identity was tied to establishing an intimate relationship with the place where they live and the people that inhabited that place. Children being driven everywhere fractures this important relationship."*

# Park and Stride

## Walk Zone

A 5 minute Walk Zone is another way to encourage families to 'Park and Stride'. Create a map to show the chosen Walk Zone. You might like to have more than one zone showing 5, 10 and 15 minute walking distances. Use the Walk Zone Map Activity on page 15 to create your map.



## RESOURCE LINKS

Active Travel Action

[www.gw.govt.nz/ata](http://www.gw.govt.nz/ata)

Enviroschools

[www.enviroschools.org.nz/in\\_your\\_region/wellington](http://www.enviroschools.org.nz/in_your_region/wellington)

Local Councils

[www.movinmarch.com/contacts](http://www.movinmarch.com/contacts)

## What is Park and Stride?

Park and Stride encourages parents to drop their children further away from school so they can walk part way.

A Park and Stride scheme can reduce congestion issues around the school and provide an opportunity for:

- Extra exercise for children
- Socialisation with other families
- Learning important road safety skills
- Students who live too far to participate in Walk or Wheel

Set up a Park and Stride scheme by developing designated drop-off points, Walking Pou and/or a Walk Zone.

## Drop-Off Points

Empty carparks near the school which are on a safe walking route make ideal drop-off points.

Options could include church carparks, sports grounds, and club carparks. Ask permission to use the car parks if necessary. Or you can choose drop-off points outside a neighbour's house with their permission.

Map where your students live in order to choose the best drop-off point that is on their way to school. Use the Class/School Mapping Activity on page 15. This activity can also be useful for planning other initiatives like Walking School Bus routes.

## Walking Pou

Walking Pou are a great way to mark your chosen drop-off points.

The idea of a Walking pou is based on a Māori concept Pouwhenua (land post), marking places of significance. Pouwhenua tell a story. They acknowledge the association between the people (**tāngata**) and the land (**whenua**). Specifically, they reflect the relationship between the ancestors, environment, and the reputation or standing of the **tāngata whenua**. The idea is that the Walking Pou will outlive the children going to that school and last for generations to come.

Here are some tips for creating a Walking Pou:

- Refer to page six in the Introduction section of the [Active Travel Action Resource](#) and LER 54 in Section Six on page 147.
- Involve manawhenua as you begin the walking pou idea. Your local [Enviroschools facilitator](#) can help your school make this connection.
- Consider how the school community is reflected in the decoration of the pou, referring a school to the Active travel Action resource would encourage them to engage with manawhenua who might share their knowledge / tikanga through this process.
- Invite [Enviroschools facilitator](#), [local council representative](#) and manawhenua to the opening of the pou, perhaps they would consider attending and being a part of the ceremony.

## Promotion

To be successful, it's important to communicate details of your *Park and Stride* scheme to your parent community. Send a letter home along with the Walk Zone Map (if you are using one) and include information in the school newsletter, on your website and school notice board.

Students could also design promotional posters to put up in class windows and the school entrance.

Launch your promotion by holding an event day. Thank parents and students for participating by providing small prizes and tea and coffee for parents.

Download the parent letter template from:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)

## More Initiatives

Give *Park and Stride* a boost by introducing other initiatives like the *Walk or Wheel* (WOW) Challenge, *Super Safe Strider* and *Parent Pledge*.



Masterton Primary School Walking Pou

## Koraunui School's Pou, Stokes Valley

Koraunui School set up drop-off points to encourage independence and exercise.

The drop-off points are marked with brightly painted pou (markers) and are set 100-200m from the school gate.

Principal Barbara Hay says the pou allow students to get a little bit of exercise and fresh air before school and gain some independence and self-reliance. Barbara says they are trying to remind parents that they don't have to deliver their children right to the school gate.

An added spin-off is less cars outside the school gate, creating a safer environment for students walking, cycling and scootering to school. Barbara says the pou also encourages students to get to school on time so they don't miss out on their sticker!

Barbara developed a ticket system for children who use the pou. Designated students are on duty at the pou each morning and afternoon. They are like Road Patrollers, but are assigned to pou duty. They wear a fluoro vest, and give a sticker to each child who is dropped at the pou. The children each have a chart in their rooms and they put the sticker on each time they collect one, and when they fill the chart they receive a small reward.

Barbara says the affected neighbours have been very supportive and agreed to have the pou installed outside their house.

The Hutt City Council funded the pou and delivered them to the school for painting and decorating. Once the painting was complete, Hutt City contractors installed the pou.



# Park & Stride - Inspiration

## Masterton Primary School makes great (Park and) Strides

Masterton Primary saw Movin'March as a chance to trial a new way of encouraging parents to allow their children to be active on their way to school.

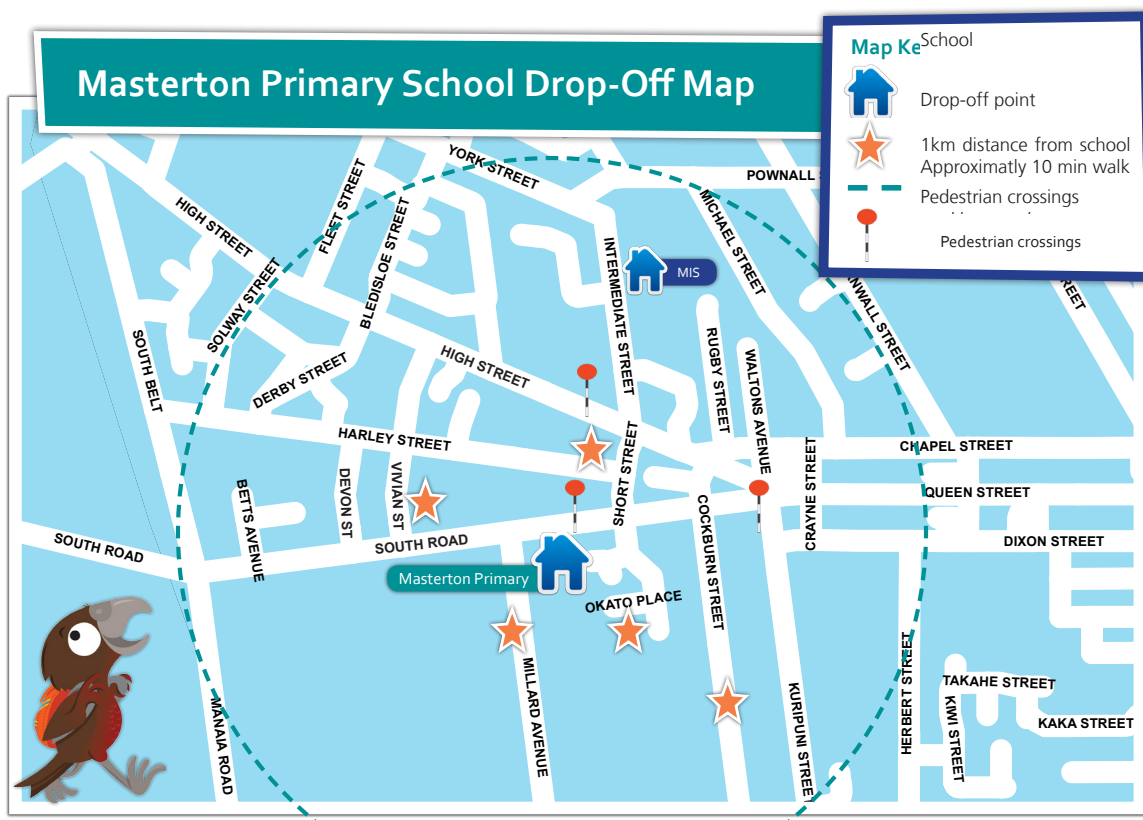
The students, with support from their local school travel plan coordinator and teacher, identified three Park and Stride locations within a kilometre of the school.

The Park and Strides proved so popular that after two months the school decided to make them permanent. An important brief in the development of permanent Park and Stride points for MPS was giving the points an identity which reflected positively on the school in the wider community.

The school was aware of another scheme afoot at the time, an initiative to improve signage at the entrances to the Masterton town centre. 3D creative were commissioned for that task, and came up with markers (Pou) that welcome people and inspire journeys through the town. So with the help of Wellington-based artist Sian Torrington, MPS developed their own style of Pou, Park and Stride markers to inspire safe and sustainable journeys to school!

The school says the Park and Stride Pou development is a good fit with MPS's Enviroschool philosophy. The senior school focus at the time was safe and sustainable travel to school, with particular emphasis on connecting to the wider community.

Staff and parents from Manaia Kindergarten, based at MPS, are big fans of Movin'March activities. As future students of MPS, the kindy kids also benefit from the Park and Stride facility by walking scooting and cycling the recommended routes to school.



## Walk Zone Map Activity

1. Recruit 20 students who regularly walk home from school.
2. Distribute a permission form - download a template from:  
[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)
3. Give each student an A4 map and ask them to mark the place they reached after walking 5, 10 and 15 minutes from the school gate.
4. Each morning for a week, students plot their locations onto a large map.
5. If you find big gaps, ask the students to alter their walk home to cover those areas (depending on parent permission).
6. Once you have got a 5, 10 and 15 minutes radius, mark them on an A4 map and distribute to your families.

## Google Maps

You can also use Google Maps to create a digital Walk Zone map or to mark your Drop-Off Points or Walking Pou.

[www.google.com/mymaps](http://www.google.com/mymaps)

Source: Auckland Transport



Google Maps example

## Class/School Mapping Activity

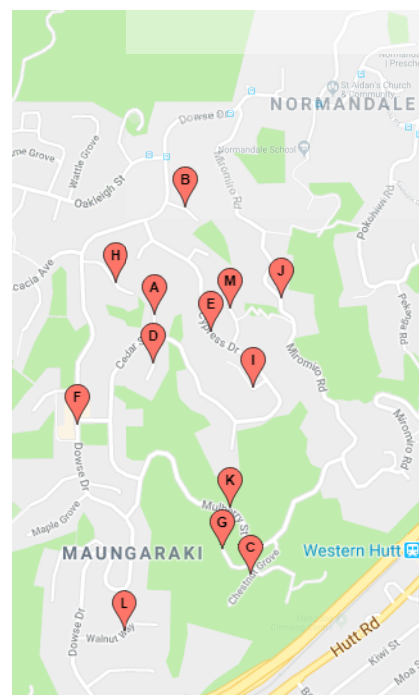
A whole class or school map will show how far your students live from school, where they travel from and where Park & Stride points could be located.

You can create a simple whole class or school map with BatchGeo software. Ask your school office for the list of student addresses. Copy and paste these into the online software.

Go to [www.batchgeo.com](http://www.batchgeo.com) and follow these steps:

1. Make sure your address data is separated by columns like in an excel spreadsheet or with commas. Example: 109 Bentley Street, Masterton, 5810.  
Postcodes give greater accuracy but are not essential.
2. Copy and paste your class/school addresses into the box provided.
3. Click on the “Map Now” button.
4. Click “Save and Continue” under map and fill in details.
5. Please ensure that the “unlisted” option is checked, otherwise the map will be made public. Then click on “Save Map” button.
6. A link to your map will be sent to your email address!

Source: Walk to School, Living Streets, UK



Batchgeo example

# Super Safe Strider

## Super Safe Strider

### Walking to School Safety Checklist

Walking to school provides opportunities for students to develop important life skills like road safety, risk awareness, independence and decision making.

Work through this checklist with your child to make sure they have the skills they need to walk to school safely. Sign and return to school so your child can receive their Super Safe Strider certificate.



#### PEDESTRIAN CROSSINGS

Pedestrian crossings, traffic lights, school patrol or pedestrian refuges are safer places to cross. Teach your child to wait until any vehicles approaching the crossing have come to a stop before walking out onto the crossing, and to keep looking for vehicles as they cross. Avoid crossing very close to intersections if there is no designated crossing. Mid-block is often safe as there is less traffic coming from different directions - see the Kerb Drill.

**SAFE ROUTES** - To plan safe routes to school, download the Map My Journey Activity at:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)



#### THE KERB DRILL

1. Stop one step back from the kerb
2. Look and listen for traffic coming from all directions
3. If there is traffic coming, wait until it has passed and then look and listen for traffic again. If there is no traffic coming, walk quickly straight across the road
4. While crossing, look and listen for traffic from all directions

**STOP, LOOK, LISTEN and CHECK before I step**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## Map My Journey: Teacher Notes

### Introduction

The Map My Journey Activity teaches your students about choosing safer routes to and from school. Use it in class or send it home as an activity for students to complete with a parent or caregiver.

The student activity sheet requires a street map of the area around your school. You can download and print maps from [www.google.com/maps](http://www.google.com/maps)

Stick it to the back of the student Map My Journey sheet and photocopy.

### Student Activity: Steps 1 and 2

The purpose of these first steps is to help students understand how their community relates to the map they are creating.

1. Students create a personalised map of their neighbourhood by locating their house, school, favourite parks, library, supermarket and friends' houses.
2. Then students map the route they took to school that day, and begin to create the legend for the map.

**Note:** For students who have been driven to school, ask them to draw the route they would use if they were to walk or bike to school. If their street isn't on the map, ask them to choose a different starting point, e.g. a safe drop-off where they can walk from.

### Student Activity: Steps 3 and 4

The next steps help students identify safe and unsafe places in their neighbourhood, and identify a safe route to school and their other favourite places.

3. Discuss how students choose their safe places. Use the "safe places" listed on the activity sheet and brainstorm some additional "safe places" with the class. Add them to the blank space provided.
4. A similar brainstorming session can be carried out for "unsafe places".

Numbers (in GREEN circles) and letters (in RED triangles) correspond to the safe and unsafe places - place these symbols on the map where appropriate.

You may want to use a larger map to:

- Demonstrate how to complete a legend on a map
- Draw a sample "safe route" that makes use of safe places and avoids unsafe places.
- Develop a wall display with all the completed maps.



Adapted from *Building Traffic Resilience from Kerb to Safe Routes to School*, a Programme of Green Communities Canada.

### Curriculum Links:

Key Competencies: Managing Self

Learning Area: Health and Physical Education 1.2

Achievement Objectives: Safety Management

Identify risk and use safe practices in a range of contexts.



## Walking School Bus

A *Walking School Bus (WSB)* is a great way to alleviate parent concerns about their children walking alone to school. They create opportunities to teach children important road safety skills ready for walking independently as they get older.

It is important that children learn road safety skills and become able to walk or cycle to school independently in preparation for intermediate school and college.

The *Super Safe Strider* checklist and certificate can be introduced to your *Walking School Bus* as a graduation process.

The New Zealand Transport Agency has put together a guide for planning and implementing a *Walking School Bus*. You can download the guide at:

[www.education.nzta.govt.nz/resources/school-community-partnerships/walking-school-bus](http://www.education.nzta.govt.nz/resources/school-community-partnerships/walking-school-bus)

## How does it work?

The *Super Safe Strider Checklist* can be used by the *Walking School Bus* leader or taken home to work through with a parent.

Students work through a number of key skills including choosing safe places to cross the road and using a pedestrian crossing correctly.

An adult then signs off the checklist to say the student has practised the skills. Their *Super Safe Strider* certificate can then be presented to them in class or at assembly.

Download and print the checklist and certificate from:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)

## Leadership

When students are ready to make decisions about road crossing points and even help with the WSB, a WSB leader can use the *Super Safe Strider* checklist to sign off students for their certificate. This gives students the opportunity to demonstrate good road safety practice, while still being supervised by the adult leader.

## Map My Journey

As well as gaining road safety skills, it is important students know how to choose a safe route to school. The *Map My Journey* activity can be used in conjunction with the *Super Safe Strider* checklist to ensure students know the safest way to get to school and other places in their neighbourhood.

You can download the activity at:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)





# Super Safe Strider - Inspiration

## Pukeatua Students Leading the Way

Pukeatua School has three Walking School Buses with a difference. They are led by senior students wearing fluoro vests who collect younger children on their way to school.

The arrangement is ideal for the community, particularly families with other young children who struggle to get their older children to school. It also gives the senior students greater responsibility and opportunities to provide leadership and positive role modelling for their younger peers.

“Everybody wins,” said one of the WSB leaders. “We all have a safe walk to school, and parents, especially ones with little children and babies at home, don’t need to leave the house.”



# Map My Journey: Teacher Notes

## Introduction

The Map My Journey Activity teaches your students about choosing safer routes to and from school. Use it in class or send it home as an activity for students to complete with a parent or caregiver.

The student activity sheet requires a street map of the area around your school. You can download and print maps from [www.google.com/mymaps](http://www.google.com/mymaps)

Stick it to the back of the student Map My Journey sheet and photocopy.

## Student Activity: Steps 1 and 2

The purpose of these first steps is to help students understand how their community relates to the map they are creating.

1. Students create a personalised map of their neighbourhood by locating their house, school, favourite parks, library, supermarket and friends' houses.
2. Then students map the route they took to school that day, and begin to create the legend for the map.

Note: For students who have been driven to school, ask them to draw the route they would use if they were to walk or bike to school. If their street isn't on the map, ask them to choose a different starting point, e.g. a safe drop-off where they can walk from.

## Student Activity: Steps 3 and 4

The next steps help students identify safe and unsafe places in their neighbourhood, and identify a safe route to school and their other favourite places.

3. Discuss how students choose their safe places. Use the "safe places" listed on the activity sheet and brainstorm some additional "safe places" with the class. Add them to the blank space provided.
4. A similar brainstorming session can be carried out for "unsafe places".

Numbers (in **GREEN** circles) and letters (in **RED** triangles) correspond to the safe and unsafe places – place these symbols on the map where appropriate.

You may want to use a larger map to:

- Demonstrate how to complete a legend on a map
- Draw a sample "safe route" that makes use of safe places and avoids unsafe places.
- Develop a wall display with all the completed maps.

Adapted from Blazing Trails Resource from Active & Safe Routes to School, A Programme of Green Communities Canada.



## Curriculum Links:

**Key Competencies:** Managing Self

**Learning Area:** Health and Physical Education L2

**Achievement objectives:** Safety Management

Identify risk and use safe practices in a range of contexts.



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# Map My Journey: Students

## Introduction

Walking, biking or scooting to school can be a fun adventure and a great way to keep healthy. It is important to keep safe along the way. Complete this mapping exercise in class or with a parent or caregiver to find a safe route from your home to school.

## Step 1: Your favourite places

1. Where do you live? Locate your street and draw your house. If your street isn't on the map, find a safe drop-off place that you could walk from.
2. Locate and draw your school if it isn't already showing on the map.
3. Draw in and label any other places that you think are important in your neighbourhood (such as parks, library, supermarket, friend's houses).

## Step 2: Map your route to school

My route to school today...

If you walked, biked, skateboarded or scooted to school, draw the route you took on your map. Use this design **— — — —** and mark it on your map legend. If you came by car or bus to school, draw the route you would normally take when walking or biking or from the drop-off point or friend's place you chose in Step 1.





## Step 3: What's safe and unsafe in your neighbourhood?

Identify safe and unsafe traffic areas in your neighbourhood. Then locate and mark these places on your neighbourhood map and legend.



Use a **GREEN** pencil for safe places. Make sure you fill these symbols on your map. These are some safe places in my neighbourhood:

1. Pedestrian (Zebra) crossing 
2. Quiet or slow street 
3. Traffic lights 
4. \_\_\_\_\_






Use a **RED** pencil for unsafe places. These are some unsafe places in my neighbourhood:

- A. Busy street with lots of cars 
- B. Street with fast cars 
- C. Busy intersection 
- D. Street with no footpath 
- E. \_\_\_\_\_

## Step 4: Map safe routes in your neighbourhood

1. Use a **BLUE** pen or pencil to draw a safe route from your home/start point to school.
2. Use this design  on your map and your map legend.
3. Use a **YELLOW** pen or pencil to draw a safe route from your home/start point to another place.
4. Use this design  on your map and your map legend.
5. Make sure your map legend is complete. Does your map legend look like this?

## Map Legend:

- My route to school today (dark blue/black) 
- Safe places (green circle or line) 
- Unsafe places (red triangle or line) 
- Safe route from home to school (blue) 
- Safe route from home to other places (yellow) 

## How far?

Find out how far your journey to school is on:

[www.google.com/maps](http://www.google.com/maps)



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# Super Safe Strider

## Walking to School Safety Checklist

Walking to school provides opportunities for students to develop important life skills like road safety, risk awareness, independence and decision making.

Work through this checklist with your child to make sure they have the skills they need to walk to school safely. Sign and return to school so your child can receive their Super Safe Strider certificate.



### PEDESTRIAN CROSSINGS

Pedestrian crossings, traffic lights, school patrol or pedestrian refuges are safer places to cross. Teach your child to wait until any vehicles approaching the crossing have come to a stop before walking out onto the crossing, and to keep looking for vehicles as they cross.

Avoid crossing very close to intersections if there is no designated crossing. Mid-block is often safe as there is less traffic coming from different directions - see the Kerb Drill.

**SAFE ROUTES** - To plan safe routes to school, download the Map My Journey Activity at:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)



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### THE KERB DRILL

1. Stop one step back from the kerb
2. Look and listen for traffic coming from all directions
3. If there is traffic coming, wait until it has passed and then look and listen for traffic again. If there is no traffic coming, walk quickly straight across the road
4. While crossing, look and listen for traffic from all directions

### STOP, LOOK, LISTEN and CHECK before I step

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

SUPER SAFE  
STRIDER



Congratulations you're a Super Safe Strider!

-----

Signed: -----

Date: -----

SUPER SAFE  
STRIDER



Congratulations you're a Super Safe Strider!

-----

Signed: -----

Date: -----

# Student Engagement

## 'The Subway is Disgusting!'

### Using inquiry based learning to investigate road safety

The Wellington City Council worked with student groups to address their road safety issues. Students looked at road crossing and speed issues and came up with their own solution. Download the poster for further details at:

[www.movinmarch.com/toolkit](http://www.movinmarch.com/toolkit)



Students are the experts when it comes to engaging the school community. They know the issues and barriers of walking and cycling to school and understand what will encourage their peers to participate.

Research has shown that student leadership groups have been successful in changing school culture.

If your school has a student leadership group like a Student Council, Health Team or Enviro Team, they could take on an active travel promotional initiative. Alternatively you could set up a Active Travel Team dedicated to promoting active and safe travel to school. Keep in mind that voluntary participation is often more successful.

Student leadership is not new to most schools but there are a number of great resources you can use as a reminder to help you set up your group:

## Keepin' it Real – Ministry of Youth Development

Keepin' It Real describes how adults can contribute to the positive development of young people by creating opportunities for them to influence, inform, shape, design and contribute to an activity or project.

[www.myd.govt.nz/resources-and-reports/publications/keepin-it-real-2009.html](http://www.myd.govt.nz/resources-and-reports/publications/keepin-it-real-2009.html)

## Growing Leaders - SPARC

Growing Leaders describes the 'Growing Leaders' philosophy, values, structure, and administration as well as some common leadership principles.

It also includes the 'Growing Leaders' map with a framework for developing a leadership programme, and ways for facilitators to empower young people to become leaders.

[www.sportnz.org.nz/managing-sport/search-for-a-resource/guides/growing-leaders-growing-leaders-resources](http://www.sportnz.org.nz/managing-sport/search-for-a-resource/guides/growing-leaders-growing-leaders-resources)

## A Guide to Child & Youth Engagement in Active School Travel Projects – Arthur Orsini

Guide to specifically engaging student in active school travel projects.

[www.hastebc.org/tools/school-resources](http://www.hastebc.org/tools/school-resources)

# Student Engagement

## Tauranga City Council, Travel Safe Teams

Tauranga City Council set up student Travel Safe Teams as part of their integrated approach to school travel planning based on a community development model.

Through their parent evaluation surveys the council identified a gap - students were not being included in school travel planning. Schools also recognised the value of giving students responsibility using inquiry based learning.

The council's Safe Travel Coordinators work with the students once a fortnight or once a month and help them set goals at the beginning of the year.

The student teams are responsible for promoting active safe travel in their schools and have implemented a wide range of initiatives over the city including running Feet First programmes, road safety campaigns and promoting fluoro back pack covers.

The student teams promote their campaigns through a number of different mediums including assemblies, school radio, school website, newsletters and school travel notice boards.

The council organises an annual workshop for the students to get together and share ideas. It's a great opportunity for students to discuss barriers to active travel and brainstorm ideas for changing behaviour. Guest speakers are also invited to discuss a specific topic with the students.

The annual Orange Day Parade is also a key event for the students to work towards. The parade provides an opportunity to send road safety messages to the wider community. Schools design and create colourful banners with key messages.

Find out more at <https://education.nzta.govt.nz/stories/bay-of-plenty>

