

# WALK & WHEEL TO SCHOOL WEEK

Delivered by:



# Guidebook



Updated August 2022

# Welcome!

Thank you for your interest in the Capital Regional District's Walk & Wheel to School Week program!

## About the Program

Walk & Wheel to School Week (W&W) is a fun and free activity for schools in the capital region that celebrates and encourages students and their families to choose active travel for all or part of their usual commute to school.

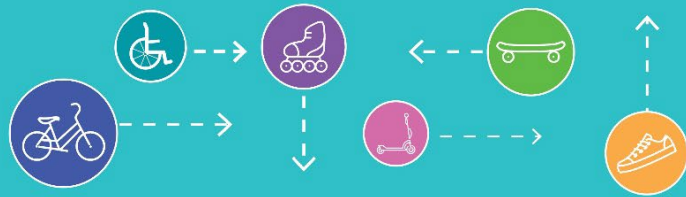
In the CRD, on-road transportation accounts for approximately 46% of our community GHG emissions ([2020 GHG Inventory Report](#)). Moreover, almost half of all students are driven to and from school, even though most trips are under 3km, with many less than 500m! ([2017 CRD Origin Destination Study](#)).

This campaign provides a foundation for inclusive sustained behaviour change in schools through capacity building within school communities using resources for teachers, students and their families to encourage active travel. This guidebook offers information, tools and ideas to help your school or classroom run a successful Walk & Wheel to School event.

## Changes to the Walk & Wheel to School Week program

- Historically the program was run as an annual, week-long event in October, it has now transitioned to an on-demand model where schools, or individual classrooms, can access Walk & Wheel resources throughout the school year and run an event at the time most convenient for them.
  - ✓ W&W can now take place any time in the school year
  - ✓ The program can be run for any duration of time – choose to run W&W Wednesdays, W&W Week, W&W Month, etc.
  - ✓ If desired, W&W events can happen multiple times a year
- This guidebook provides schools with everything that they need to run a successful Walk & Wheel event. It includes communication tools, event ideas, and education and encouragement resources for educators and families, highlighting the benefits of active travel.

Questions? Visit [www.crd.bc.ca/walkwheel](http://www.crd.bc.ca/walkwheel) or contact [climateaction@crd.bc.ca](mailto:climateaction@crd.bc.ca).



## How to Participate

### Plan

#### 1. Decide when to host your Walk & Wheel event and its duration

- Walk & Wheel has traditionally been a week-long event but your school can choose to celebrate walking and wheeling however works best for you.
- Start small and try one W&W Wednesday or a series of W&W Wednesdays over the semester. Or go big with a whole W&W Month!

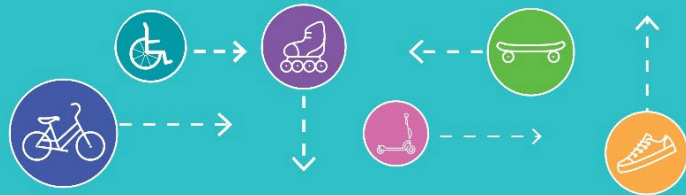
#### 2. Make a plan to celebrate and encourage participation.

- How will you celebrate the event with students and families? See our sample [Calendar of Activities](#) on page 6 for ideas.
- How will you let students and families know about the event and encourage walking and wheeling at your school? See our sample [Newsletter](#) and [Letter to Parents/Guardians](#) on pages 7 and 8.

### Inclusive Programming

Walk & Wheel to School Week is designed to be an inclusive event and is guided by the local school districts' priority that students benefit from integrated and equitable access to all aspects of school and community life.

- Promote the benefits of walking and wheeling to all students.
- Remind students that even a block of walking counts.
- Using a wheelchair is a form of active transportation - consider adaptive solutions for a range of abilities if hosting any mobility event, such as a bike rodeo. Local bike shops may have options that provide extra balance and stability.



## How to Participate (continued)

### During Walk & Wheel to School Week

#### 1. Promote Walk & Wheel to School Week to educators, students and their families.

- Have staff welcome students near the front doors and the bike racks, celebrating and cheering all students arriving to school.
- Offer information to parents who arrive by vehicle about ways they can participate. Ideas include: Drive to 5, Walking School Bus and At-home activities. More information available at [www.crd.bc.ca/walkwheel](http://www.crd.bc.ca/walkwheel).

#### 2. Participate in and celebrate active travel with educators, students and their families.

##### At school:

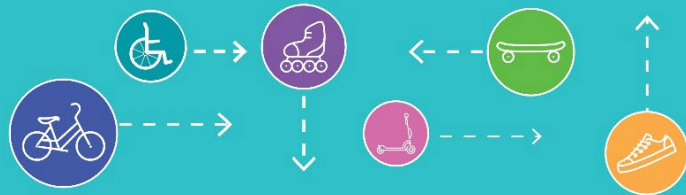
- Encourage educators to take learning out of the classroom on "Wisdom Walks".
- Offer prizes to participants and create opportunities for students who can't join in. Rewarding students who correctly guess morning announcement trivia is a fun way to be inclusive.

##### At home:

- Encourage families to try their local "Neighbourhood Ride", made available across the region and created by Capital Bike (*formerly Greater Victoria Cycling Coalition and Greater Victoria Bike to Work Society*). See page 11 for details.
- Practice walking and wheeling to school during less busy times with your child and identify the safest walking and wheeling route for your family. Plan the best route for your commute with the CRD Bike Map, available online and in print, find yours at [www.crd.bc.ca/bike](http://www.crd.bc.ca/bike).



# WALK & WHEEL TO SCHOOL WEEK



## Optional Reflection Activity: Calculate Total GHG Emissions Saved

- Encourage learning groups to record student travel during the week to calculate the total amount of GHG emissions saved throughout Walk & Wheel to School Week.
- Record the number of active travel trips and the distance traveled by each student to calculate the amount of GHG emissions your learning group saved throughout the week.
- Calculate how many GHG emissions were saved by your learning group using the following equation:

$$[\text{Sum of trip distances traveled using active transportation}] \times [0.232] = \text{total GHG emissions saved}$$

*(0.232 = Kgs of GHGs /Km for a standard sized vehicle)*

## How to Participate (continued)

### Wrap-up and continue to encourage active transportation

1. Continue educating students about the benefits of active travel - consider choosing a safety topic to promote each month through morning announcements. For ideas, see page 10.
2. Continue encouraging students to use active travel. Consider making "Wisdom Walks" a weekly tradition and celebrate students for walking and wheeling.

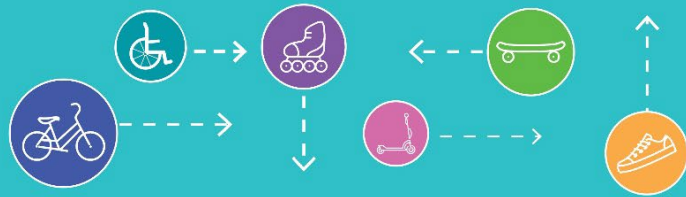
# WALK & WHEEL TO SCHOOL WEEK



## Calendar of Activities (sample)

Drive to 5 Monday	Travel Trivia Tuesday	Walk On Wednesday	Travel Train Thursday	Freedom Friday
Skip the drop-off line! Encourage families that must drive to park nearby and walk	Keep kids motivated with fun trivia and games to encourage walking and wheeling	Encourage teachers to take students outside on "Wisdom Walks"	Organize and promote a walking school bus or a travel train	Offer Walk & Wheel Punch Cards to keep the good times rolling (see page 13)
<ul style="list-style-type: none"> <li>Identify areas that are a safe 5 minute walk to school</li> <li>Families can "Park and Stroll" or "Kiss and Go", allowing their child to walk with others to school</li> <li>Send home details about where, when, and why parents should park at a Drive to 5 location</li> </ul>	<ul style="list-style-type: none"> <li>Ask active travel trivia questions over the morning announcements and reward students with stickers or prizes</li> <li>Have students calculate their annual travel-related GHG emissions or participate in a learning activity (page 5)</li> </ul>	<ul style="list-style-type: none"> <li>Use "wisdom walks" to teach students about traffic safety, the impact of transportation on climate change, or other topics such as science, social science, and math</li> <li>Identify safe locations and routes to walk together as a class, creating an active travel train</li> <li>Challenge students to complete scavenger hunts during wisdom walks</li> </ul>	<ul style="list-style-type: none"> <li>Pick a location that is a short, safe and easy route to school where parents can drop off their child</li> <li>Identify stops and pick-up times</li> <li>Identify adult volunteers to lead the walking school bus</li> <li>Advertise information to parents</li> <li>Ensure students are adequately skilled and safely equipped if wheeling to school</li> </ul>	<ul style="list-style-type: none"> <li>Provide a punch card to students</li> <li>Hole punch the card for each active travel trip to/from school</li> <li>Learning from home? Hole punch the card for each active travel trip -- try walking and wheeling to a friends house, the park or just for fun!</li> <li>Offer prizes or draws after the punch card is complete!</li> </ul>

# WALK & WHEEL TO SCHOOL WEEK



## Newsletter (sample)

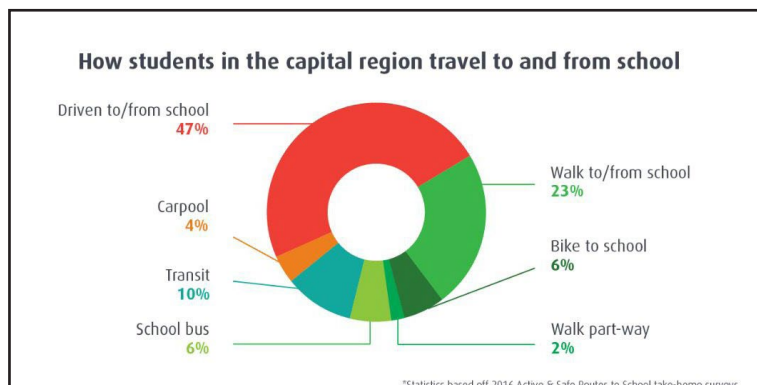
Our school is holding a Walk & Wheel to School Week from [insert dates]. We will be celebrating and encouraging active travel at our school all week!

Students who walk or wheel (using a bike, scooter, roller blades, wheelchair, skateboard etc.) see many benefits while helping keep school streets safe and sustainable.

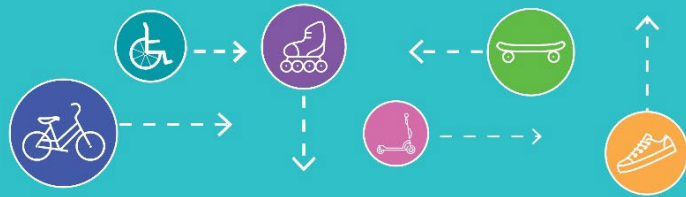
Here are some ways your family can participate:

- Plan, Prepare and Practice walking and wheeling to school:
  - ✓ *Plan the route your child will take to school*
    - Use the Route Planning Guide for tips and ideas
  - ✓ *Prepare your child with the right gear, skills, and knowledge*
    - Talk to your child about potential hazards and caution points
  - ✓ *Practice good road and trail etiquette when walking and wheeling*
    - See the CRD video for trail etiquette and regulations
    - See the CRD Handbook for Cyclists for road etiquette and regulations
- Organize, Volunteer, or Participate in a walking school bus or travel train at your school.
- If driving, skip the drop off loop and park at a 'Drive to Five' location
  - "Kiss and Go" allowing your child to walk independently to school OR
  - "Park and Stroll" with your child, potentially helping other students not walk alone

For more information about the campaign, visit [www.crd.bc.ca/walkwheel](http://www.crd.bc.ca/walkwheel).



# WALK & WHEEL TO SCHOOL WEEK



## Letter to Parents/Guardians (sample)

Dear Parents and Guardians,

Did you know that transportation accounts for more than half of our community's greenhouse gas emissions? Within our community, about half of all students are currently driven to/from school, even though most trips to school are under 3km.

Our school is holding a Walk & Wheel to School Week from [insert dates]. We will be celebrating and encouraging students and their families to walk or wheel to school, at home, or anywhere else you need to go, using a bike, scooter, roller blades, wheelchair, skateboard etc. to support climate action in our community.

Even if you must drive, there are ways to celebrate and participate. We want to see as many families walking and wheeling to support student well-being and climate action.

Walk and Wheel is an initiative of the Capital Regional District (CRD). For more information about the program, please visit [www.crd.bc.ca/walkwheel](http://www.crd.bc.ca/walkwheel).

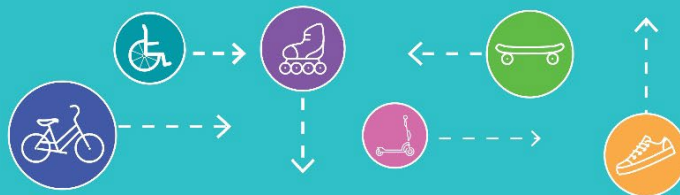
Sincerely,

Delivered by:





# WALK & WHEEL TO SCHOOL WEEK



## Social Media (sample)



### Before your event

- Don't forget that Monday is the first day of Walk & Wheel week! Plan, prepare, and get ready to practice walking and wheeling all week long!
- Did you know that 66% of students in the capital region live within 3km of their school? [\[Infographic\]](#)
- Which active mode of transportation do you think students in the capital region use most? [\[Infographic\]](#)
- When we walk and wheel, everyone wins. See the full list of benefits and learn how walking and wheeling can fit into your lifestyle at [www.crd.bc.ca/walkwheel](http://www.crd.bc.ca/walkwheel)

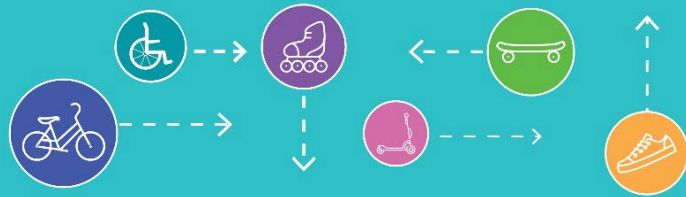
### During Walk & Wheel to School Week

- It's finally Walk & Wheel to School Week and our school's bike rack sure is busy! Live too far and arrive by car? Ask to be dropped off at the Drive to Five station so you still join friends in walking partway to school.
- Tired of waiting in line for drop off? Jump the queue by joining our school's walking school bus or travel train! Check out the stops and schedule -- we'll see you there!
- Almost half of all students are driven to school in our region... help us change the stats! Plan, Prepare, and Practice walking and wheeling all week long. It's all part of Walk and Wheel to School Week!

### After your event

- Thanks to everyone who participated in Walk & Wheel to School Week. No matter where you're going, let's keep the good times rolling by continuing to practice walking and wheeling.
- Even if you missed Walk & Wheel to School week, every active trip taken is one to celebrate. Let's all Plan, Prepare, and Practice so students can keep walking and wheeling throughout the year.

# WALK & WHEEL TO SCHOOL WEEK



## Announcements (sample)

### Before your event

Don't forget next week is Walk & Wheel to School Week! It's a great time to plan your active route to school, get prepared for winter weather and practicing walking and wheeling safely, no matter where you go!

### During Walk & Wheel to School Week

Can anyone guess what my favourite music is? Walk and Roll! Our school is celebrating students using active travel and helping others join along all week with fun activities and trivia.

### After your event

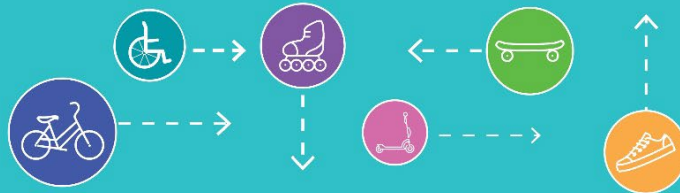
Even though Walk & Wheel to School Week is over, the fun doesn't have to end! Let's commit to climate action by walking and wheeling to school and at home whenever possible. Congratulations to everyone who participated and a big welcome to everyone who plans to join in!

## Travel Trivia

- What is our community's greatest source of greenhouse gas emissions in the capital region? A: Transportation, B: Garbage or C: Energy used in Buildings *(Answer: Transportation more than 50% - on-road transportation accounted for 47.6% in 2018)*
- What percentage of students in the capital region live within 3km (less than a 15 minute bike ride!) of their school? A: 33%, B: 66% or C: 88% *(Answer: 66%)*
- Which active travel mode do you think students in our community use most? *(Answer: Walking)*
- How many steps per day are recommended for kids? *(Answer: 12,000 - 15,000)*
- True or False? Active travel can help students stay focused in the classroom, earn better grades, reduce depression, anxiety, and stress. *(Answer: True)*



# WALK & WHEEL TO SCHOOL WEEK



## Resources

### CRD Resources

#### [Ready Step Roll Resources](#)

Created through the CRD's Ready Step Roll program, active travel learning resources and activities are available for all students in our region. Resources teach traffic safety and route planning strategies.

[www.crd.bc.ca/ready](http://www.crd.bc.ca/ready)

#### [Climate Action To-Go Kits](#)

Borrow a kit from your local library, with resources and activities for you to tune up a bike or track steps while learning about local active transportation routes.

[www.crd.bc.ca/actionkits](http://www.crd.bc.ca/actionkits)

#### [CRD Ollie the Otter Watershed Warden \(badge, videos and lesson plans\)](#)

Did you know active travel also protects our watersheds? Celebrate and reward elementary school-aged kids who are helping to protect our local watersheds with a free CRD Watershed Warden badge. Learn more about watershed stewardship with local videos and lesson plans. Follow links for teachers or students for videos, colouring pages, lesson plans and more.

[www.crd.bc.ca/teacher](http://www.crd.bc.ca/teacher) or

[www.crd.bc.ca/students](http://www.crd.bc.ca/students)

#### [Climate Projections for the Capital Region](#)

Learn about anticipated changes in precipitation and temperature

[www.crd.bc.ca/data](http://www.crd.bc.ca/data)

### Island Health Resources

#### [Healthy Schools Initiative](#)

See Island Health's active travel school newsletter inserts.

#### [Healthy Built Environment](#)

#### [Tobacco & Vapour Free Schools](#)

### Additional Resources

#### [Go By Bike Neighbourhood Rides](#)

#### [Physical literacy lesson plans](#)

Active For Life

#### [24 Hour Movement Guidelines](#)

ParticipACTION

#### [Report Card: The Brain + Body Equation](#)

ParticipACTION

#### [Active Living, Children & Youth: what is the evidence saying?](#)

The Canadian Institute of Planners

#### [Shaping Active, Healthy Communities](#)

The Heart and Stroke Foundation

#### [Plan H - Active Transportation](#)

BC Healthy Communities Society & Province of BC

# BENEFITS OF ACTIVE SCHOOL TRAVEL

Whether you're traveling fully from home or part-way from a nearby meeting point, Students who walk and wheel to and from school:



Build individual confidence & capability



Become more self-reliant, supporting families & household schedules



Arrive alert & ready to learn after a short burst of activity



Create safer streets by reducing congestion before & after school



Improve their physical & mental health



Help save time & money by avoiding waiting in school traffic



Support safety in numbers & create connected communities



Participate in climate action by lowering community GHG emissions



# Walk & Wheel Punch Card (Optional)

## Instructions:




- Provide a punch card to students (cut around the outside, then fold in half and glue/tape together)
- Hole punch the card for each active travel trip to/from school (all or part way)
- Learning from home? Hole punch the card for each active travel trip -- try walking and wheeling to a friends house, the park or just for fun!
- Offer prizes or draws after the punch card is complete!

					<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>Walk, Wheel, Ride CRD Wide</b>				Walk and Wheel to School for the climate, for health, for freedom or for fun!				
					<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>

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