

Walk and Wheel Day

A one-day whole-school active celebration

Theme: **Encouragement** • Audience: **Parents, Principals, Students, Teachers** • School Grade: **1-3, 4-8, Kindergarten** • Mode: **Cycle, Scooter, Skateboard, Walk, Wheelchair** • Issues: **School Culture, Student Skills**

Purpose:

To celebrate families who already walk or wheel to school and encourage others to give active transportation a try.

Description:

A one-day celebration event when all students who can are encouraged to walk or cycle all or part way to and from school. Use announcements and posters to promote the event, offer refreshments and prizes, and make it fun for everyone with music and activities when students arrive at school. Include bussed students by giving them the opportunity to walk on the school site.

This can be a big event that takes place only a few times a year, a more low-key activity that happens more frequently, or a combination of both. Some examples include:

Weekly/monthly events: Celebrate on a designated day each week or month (eg. Walk or Wheel Wednesday, Two Foot Tuesday, Footloose Friday), and acknowledge those who participate to encourage them keep it up!

Seasonal celebrations: Join other schools celebrating active school travel by participating in International Walk to School (IWALK) Month in October, Winter Walk Day in February, Spring into Spring in April, and Bike to School Week in May/June.

Include students and parents/caregivers in the planning and promotion to build a sense of ownership and excitement. Consider inviting a local dignitary (eg. mayor, councillor, school trustee) to speak and notify your local media). You may also want to link your event with other encouragement initiatives, including a [Steps Challenge](#), [Walking School Bus](#) and [Student Travel Survey](#).

What you will need:

Enthusiastic volunteers, refreshments and/or prizes (optional- see if local businesses are willing to donate), creativity and a sense of fun. Other elements will depend on time available for the event and your capacity. See the Resources below for posters, announcements, sticker templates and more.

Help:

Students, teachers, principals, support staff, parents/caregivers, local community organizations, crossing guards, local businesses, elected officials.

Resources:

[Event templates and guidance](#) are available from Green Communities Canada