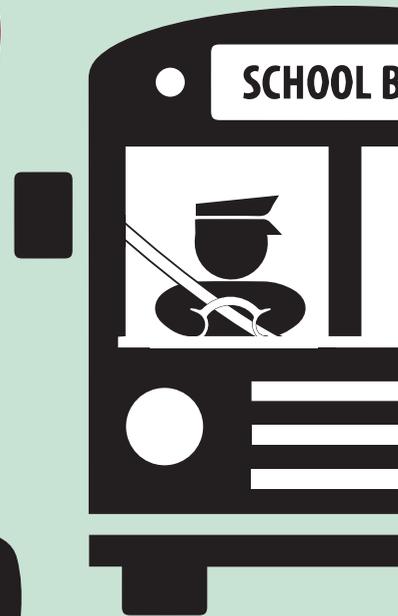


# School travel ideas



.....  
Alternative, sustainable  
and safe travel solutions  
for school communities  
.....



# Introduction

With many schools growing in size as our city expands, we are seeing more and more traffic congestion around schools during the peak morning and afternoon periods. At these times of day, the ability to provide parking for every vehicle that needs to access schools has become impossible due to lack of available space.

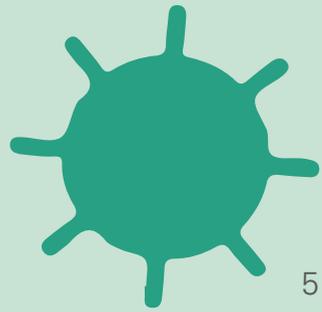
This guide has been created by Lane Cove and Hornsby Shire Councils to assist schools and parent bodies in finding alternative, sustainable and safe travel solutions for students and parents when travelling to and from school.

While many of the ideas in this booklet are walking based, there is plenty of scope and opportunity to adapt the initiatives to involve other forms of active travel. This may include cycling, scootering, roller-blading, skate boarding or other, where applicable and appropriate.

We ask that you read the document and work with your school community to develop further some of these suggestions and ideas.



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# Walking to school

## Method:

1. Decide which day of the week will be the set walking day.
2. Create your own walking tickets where students will get a stamp or a click for each time they walk on the set walking day. Include space to write the child's name, class and/or house. Give a ticket to each child.
3. Decide where and who will click or stamp the children's walking ticket when they arrive at school.
4. Think of possible meeting times and places where parents and children can meet up with others if they want to.
5. Think of a variety of rewards/incentives you can offer children and parents to encourage their participation, e.g. all the walking tickets go in a draw for the use of a pedometer for a week, students earn class/house points, prizes or certificates at the end of term for every-time walkers. Each time parent's walk they could get a raffle ticket redeemable for a free coffee or go in a draw for a prize.
6. Advertise your walking day and meeting places to parents. Parents will be responsible for assessing if their children are capable of walking independently, either walking with them or making arrangements for older children, or other adults to accompany them. Encourage parents to walk with a group of children and help put them in touch with other families that live nearby.
7. Launch your initiative at the school assembly and promote it to the staff and students.

## aim:

To motivate students and parents to walk to school informally on a set day each week.

## Variations and Tips:

- Include all students who use their feet to get to school (cycling, walk + bus, drive + walk etc, at least 400 metres).
- Have a different, fun theme for each walking day.
- If using pedometers as rewards for children, ask students to report back at the assembly the following week as to how many steps they have taken during the week.
- Follow up with parents who walked (via details on the raffle ticket butt) to see if they would be interested in driving a Walking School Bus.
- Follow up with student walking groups or walking buddy program.



# Park and walk



## Method:

1. Identify two or three places that could be used as 'park and walk' zones. Places with big car parks such as supermarkets, churches, or sports grounds are ideal. If none of these are available then quiet streets away from the school gate are good zones.
2. Walk the routes from each zone to measure how long it takes to walk and how many metres it is.
3. Ask your local Council Road Safety Officer for help with checking the safety of the route.
4. Get an A4 map of the area and mark the 'park and walk' zones with suggested walking routes to the school. Write down the distance of each route and how long it would take to walk.
5. Send the map with the 'park and walk' zones home to parents and encourage them to use it. Suggest they park and then walk with their children, or arrange for their children to walk with groups of friends.
6. Explain to parents the benefits of using the 'park and walk' zones in terms of fitness for their children and road safety outside the school, as well as ease of parking for parents.

## aim:

To reduce traffic congestion and improve safety outside the school gate. Encourage parents to park away from the school in uncongested areas and walk with their children the rest of the way to school. A Park and Walk scheme assists in easing traffic congestion around the school and gives parents an opportunity to exercise with their children and teach them about road safety and independence.

## Variations and Tips:

- Make up names for each of the 'park and walk' zones.
- Have incentives for children who use the 'park and walk' zones.
- Find a celebrity to greet people at a 'park and walk' zone one day.
- Invite the Principal to walk from the 'park and walk' zone one day.
- Provide cool or hot drinks for free at one of the 'park and walk' zones.
- Create a club for children who use each 'park and walk' area with membership cards and record how many kilometres they walk in a term.
- Remember not to have your zone too close to a neighbouring school – you don't want to make your traffic problem, their traffic problem.

# Walking school bus

A Walking School Bus is a school bus powered by legs, not by an engine. Children don't sit inside this 'bus' – they walk in a group to school, with an adult 'driver' in the front and an adult 'conductor' at the rear. The walkers are the bus.



## aim:

Provide a way for children to walk to and from school, supervised by adults.

## Method:

1. Conduct a simple survey of interested parents and children.
2. Collate the survey forms and identify a potential Walking School Bus (WSB) route.
3. Make contact with your local Council Road Safety Officer (RSO) to assist you through the process.
4. Work with your local Council RSO to ensure the route is safe and identify any improvements that may need to be made.
5. Request assistance from potential volunteers.
6. Establish a WSB roster and the guidelines on how the WSB will operate.
7. Compile and distribute a 'Parents Pack', with all the information on the WSB route, to parents of children who will use the WSB.
8. Get walking! You might like to trial the concept for a two-week period, and if it works make it a more permanent fixture.



## Variations and Tips:

- Most WSB's operate mornings and afternoons five days a week. Have a wet weather plan. However, if you only have a limited number of volunteers you may want to start with mornings or afternoons only.
- Some WSB routes struggle to get passengers and volunteers during bad weather. You may want to only operate your WSB initially in the 1st and 4th terms of the school year.



# Walk to school day

Encourage families who usually drive to school, to nominate one day a week as a 'Walk to School Day'.

## aim:

Encourage those who drive to school to commit to changing their behaviour for just one day a week.

## Method:

1. In class, ask children to create or cut-out a strip of paper with an icon for walking with each day of the week written below each icon (see below for example).



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

2. On a separate piece of paper, each student creates a circle just a little bigger than the icon. They cut it out and colour it in brightly and write "WALK TODAY" on it (see green circle above for example), or see template on page 36.
3. Students should take their strip of paper with the icons on and stick it in a prominent place at home, ie. the fridge. Blu-Tack the back of the circle. At the start of each week, families can decide which day they will walk to school and stick the circle over that day so that it looks like the above example.
4. A class lesson could accompany the drawing activity based on health and fitness.
5. Information needs to be sent home to parents explaining the activity.

## Variations and Tips

- This activity could be a whole school exercise, or just as an individual classroom activity where appropriate.
- Children who already walk on most days can pick a day for their family to try walking to other activities outside of travelling to school, such as a trip to the local shops.
- Instead of choosing a 'Walk to School Day' and drawing a walker, children can choose a 'Car Free Day' and draw pictures of cars instead, using a red 'X' instead of a green circle. The lesson and information for this activity can be based around car pollution instead of health and fitness.

# Coffee break for parents

Open your staffroom or another room, in the morning or afternoon for parents who walk to school to meet and enjoy a coffee break.

## aim:

Encourage parents to walk their children to and from school by creating a social atmosphere which they would like to be a part of.

## Method:

1. Advertise to parents that the staffroom or another room will be open for tea and coffee in the morning or afternoon each day for those parents who have walked to school to drop-off or pick-up their children.
2. Regularly visit the staffroom or other place, to talk to the parents and make them feel welcome.
3. Once numbers increase, there may be the opportunity to invite guest speakers to talk to the parents on various topics such as the benefits of health and fitness, demonstrations of simple physical activities/games they can play at home with their kids, nutrition / cooking information etc.
4. Parents may want to receive pedometers to monitor their own walking progress. If there is interest, this concept could evolve into a walking group for parents who walk to school and meet together for their own fitness.



# Staggered set down/pick up times

Staggered set down / pick up is where the school or P&C organise a timetable of staggered times for parents to drive through and drop off or pick up their children at a specified time.

## Method:

1. Survey parents via the school newsletter or email to gauge interest in using an organised set down or pick up at the school.
2. Find a safe, legal and suitable location outside the school gates that allows room for vehicles to pull up to the curb. This place should be near a practical school entry/exit gate allowing students to enter/exit the school quickly and safely.
3. Select a time - either 10/15 minutes before or after the peak traffic period at school.
4. Create a name plate with the student's family name that can be placed on the front passenger side front window for the nominated coordinator to identify and match up student with parent easily. Distribute these to the parents who have registered to participate.
5. Organise two coordinators (school staff or parent volunteers), one waiting at the kerb to assist children to exit or enter their vehicles and keep the traffic moving effectively, and the second within the school gates to monitor students entry and exit.

## aim:

To encourage parents to follow a rostered time - preferably 10 minutes before or after the initial school rush to drop off or pick up their children, when using a vehicle.





## Example of school's staggered pick-up program

### Location:

A school located at a busy intersection with two **No Parking** zones that can hold a total of seven vehicles at one time. The two zones are separated by a Bus Zone.

### The Problem:

The school's issue was when school finished at 3.05pm, the two **No Parking** zones would be full of cars/parents waiting while other cars/parents queued and subsequently blocked access along the road at the front of the school for other vehicles. The queue blocked access for the three buses that came one after the other between 3.10pm and 3.15pm to pick up students.

### The Solution

The Principal requested that parents who wished to pick up their children at 3.05pm (when the bell went), were asked to park their vehicles legally and walk into the school to collect their children. The parents who did not wish to park and walk in, but wanted to use the **No Parking** zone as a pick up point, were asked not to queue in the **No Parking** zone until after 3.15pm – after the last bus had left. A teacher is rostered on to manage four groups of children. The first three groups all queue within the school grounds for their particular bus. When the buses arrive the teacher escorts each group to their bus. After the last bus group has gone, the teacher waits at the beginning of the first **No Parking** zone and greets the car first in the queue. Drivers leave the Bus Zone empty and queue in both **No Parking** zones. The teacher uses a loud speaker to call the child – waiting within the school grounds – to the matching vehicle/parent. The child is placed in the vehicle with seat belt on, before exiting. By 3.25pm all children have been safely handed over to parents/carers and the congestion issues avoided.

By staggering the pick-up time, the school has alleviated the congestion and chaos that school traffic usually causes for not only other parents, but residents and passing members of the public. It also provides a much safer and controlled environment for the students. The amount of cars allocated at each time will depend on the size of the **No Parking** Zone and may require an adjustment period to get it working effectively. Bus Zones and **No Stopping** Zones must not be used as set down and pick up areas at any time, unless times are specified on signage.



## Variations and tips

- Ask the P&C to organise parent volunteers to run the program
- For large schools, break the times into different groups according to surnames (e.g. A-K in first time group, and L-Z in second group).



# Walk the dog day

Establish your school as a dog friendly destination for parents

## aim:

Encourage more parents to walk their children to school, and exercise the family dog at the same time.

## Method:

1. Find out from the DEC (Department of Education and Communities) or Principal what the current policy is in regards to dogs being allowed in the school grounds.
2. Establish a policy that allows dogs within the school grounds, under specific circumstances e.g. suitably restrained, only with an adult, and all dog droppings be picked up, bagged and binned immediately.
3. Set up a special dog "parking zone", a place where dogs can be left on their leash for short periods of time if parents want to go into their children's classroom. Consider also providing a water bowl for your canine walkers.
4. Promote the concept to parents via the school newsletter, parents' events or by drawing up a special promotional flyer that children of dog owners can take home.
5. Consider having a 'Dog Walk' day to kick off the initiative.



# Frequent walker card

Just like a frequent flyer card! This time you earn points by travelling sustainably to school.

## aim:

Encourage students to walk to school as often as possible through the provision of incentives.

## Method:

1. Design a “Frequent Walker” card (see example below).
2. Advertise the card through the newsletter. Students sign-up for the card just like a real frequent flyer card. The card is ticked off every time they walk to school so they can accumulate points towards rewards.
3. Organise a system to tick off students’ cards. One suggestion would be to have a senior student, teacher or parent volunteer to sit at a checkpoint e.g. the school gate and check off students’ cards as they arrive at school. Students would have to be responsible for going to the checkpoint each morning in order to earn their points.
4. Organise prizes and a reward system. Prizes don’t have to cost! They can be things like sitting on an extra comfortable chair at assembly, a certificate, or having their photo added to a special notice board.

## Example Card:

### School “Frequent Walker” Membership Card

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

Mark one circle each time you walk to school. Once you have collected 20 points, you earn a stamp. Collect 3 stamps and you'll receive a prize.

**Name:**

**Class:**

Collect stamps here





# Interclass walking competition

Run an inter-class competition to see which class has the most walkers each month.

## Method:

1. Create a chart for each class with student names and columns which include the days of the week.
2. Organise a trophy such as a 'golden shoe' (spray paint an old sneaker and mount it on some wood)
3. Generate excitement and rivalry for the inter-class competition by promoting it at assemblies and in the school newsletter.
4. Start on the first day of the month. Each day students who are dropped off in the car at least 400 metres away and walk the remaining distance also get a point. You can have bonus points for walking further. You could send a map home to parents explaining the competition and marking the drop off location(s) (400 metres away) in order for their children to earn a point.
5. At the end of each week, student volunteers go to each class and count up the points. Student volunteers can announce the class totals at assembly or over the school intercom each week, so classes know who is in the lead.
6. At the end of the month, total up all the points and announce the winning class. The winning class will be presented with the trophy to display in their classroom for the month. The teacher may like to give the class a reward such as playing their favourite game.
7. The competition starts again the following month.

## aim:

Encourage more children to start walking to school, by helping their class earn points for the competition.



## Variations and Tips

- Award points to students who cycle or scooter to school
- Award bonus points to students who are seen to be walking responsibly or helping other students to cross the road etc
- Award bonus points if parents walk with their children
- Instead of having the competition every month, run the competition for one week only and repeat several times a year.

# Share a ride

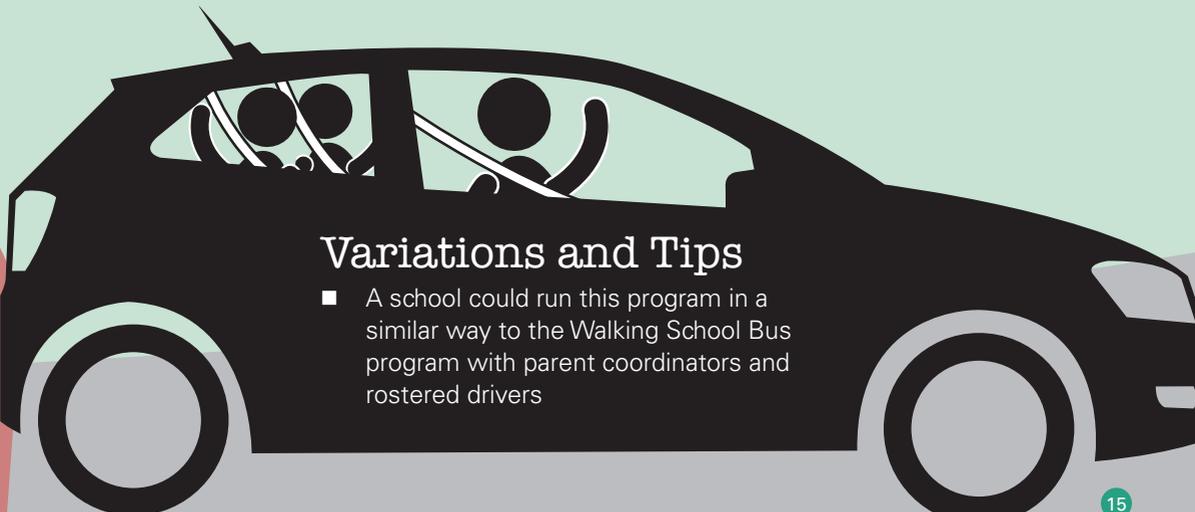
‘Hey you, let’s be cool, why not be part of a carpool!’

## Method:

1. School needs to discuss how involved they will become with this program. They can be just the starting point for people to get together and make contact with each other or run a formal roster
2. Two methods have been used with success at other schools:
  - A carpool letter was sent out to all parents highlighting the need for carpooling in a specific area. Feedback was collated by the school and a contact list was then sent out to parents in the area. The rest was up to parents to participate and make contact with others.
  - Invitations were sent out to parents via the school newsletter and posters displayed around the school, announcing a meeting for parents interested in carpooling with others. A ‘Meet and Greet’ was held where parents located their homes on a large map and put their name and address on to a list. Speed dating worked quickly as parents met others in the same area, or those who drove past their house. Some people sorted out carpool arrangements then and there and swapped contact details. An alternative was to put contact details on to a list that is held by the school office. The car pooling concept was then advertised repeatedly in the school newsletter. Interested parents could add their name to the list or contact someone on the list who might be in their area.

## aim:

Encourage those who drive to school to commit to changing their behaviour by joining up with others and car pooling.



## Variations and Tips

- A school could run this program in a similar way to the Walking School Bus program with parent coordinators and rostered drivers

# Walk of fame

Make the walkers in 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.

## aim:

Celebrate those students who walk regularly to school and provide an incentive to encourage more students to take up walking.



## Variations and Tips

- To ensure that students who live far away from the school can be included, drop-off points can be organised 400m from the school and children who walk from there can be counted as walkers.
- Change the time frame to earn 'regular walker' status e.g. calculate once per term, twice a year or once per year.
- Take a photo of the walk of fame after the new footprints have been painted and publish in the school newsletter.

## Method:

1. Find a suitable concreted walkway area or piece of playground to have the 'walk of fame'. If no suitable concrete area is available, use an indoor wall such as a hallway. Have a plaque or sign explaining the 'walk of fame'.
2. Set your school criteria for what constitutes a 'regular walker' e.g. somebody who walks 80% of the time in one term.
3. Create a system for recording who walks e.g. keep a chart in each classroom for children to tick beside their name. An alternative would be to have a register at the school office where walkers can 'sign-in'.
4. At the end of each term, identify which students have been 'regular walkers' according to your criteria.
5. The students who are regular walkers each term become inducted into the 'walk of fame' by receiving a certificate at assembly and then having their footprint traced onto the concrete (or a cardboard cut-out placed on the wall). Each student can decorate their own footprint and paint their name inside it.



- Those students who earn regular walker status can either re-paint over their footprint or get a new one. The top three walkers each year could have their footprints put in fresh concrete, just like the real thing.
- The 'walk of fame' could be painted over every few years to allow room for new ones.
- If there is no suitable concrete area, make cardboard footprints and fix on a wall in a corridor, the school hall or library

# Walker of the week

Recognise one walker each week. Award a certificate and small prize to one walker each week during a 'Walker of the Week' slot at assembly.

## Method:

1. Create a 'Walker of the Week' certificate and box of prizes.
2. Have a slot at your weekly assembly called 'Walker of the Week' where you announce the name of a student who walked to school and award them a certificate and prize from the prize box.
3. Prizes can be small items including stickers, pens or non-material items like sitting on a seat at the next assembly, going to the front of the line at the tuck shop etc.
4. The winner could be a regular walker, a new walker, a walker who walks a long distance, or a walker who has been identified crossing the road safely or helping another student.

**aim:**

Encourage walking through recognition and incentives.



## Variations and Tips

- To ensure that students who live further away from the school can be included, drop-off points can be organised 400m from the school and children who walk from there can be included as a potential 'Walker of the Week'.
- Profile some of the winners in the school newsletter or on a notice board with a little interview about what they enjoyed about walking to school or what they saw..
- Keep a list of all the winners and have a big prize draw at the end of the term/ year or list their names in a school newsletter on a monthly or term basis.
- Have a 'cyclist of the week' prize.

# Walker's Tree

Have a walking tree in your school which displays the students names who walk to school.

## Description:

The walker's tree is a tree which is painted on a wall within the school that has attachable leaves. After children have walked to school a certain number of times, they are then given a leaf to write their name and class on. They then stick this on to the tree. Gradually, as more children walk to school the tree becomes covered with leaves.

## Method:

1. Find a wall in your school where the skeleton of a tree can be painted, (or put up if you do not want it up permanently). If possible display the tree in a public space so that students and parents can see the tree become covered in leaves.
2. Paint the tree and make the leaves. The leaf size will depend upon the size of the tree. If you intend on making this an annual event in your school, laminate the leaves and then write on each leaf with a pen that can be removed with meths.
3. Decide at which point students will be rewarded with a leaf – for example, when they have walked five mornings and five afternoons. Make sure they write their name and class on the leaf.
4. Use Velcro dots or Blu-Tack to attach the leaves to the wall and watch the tree grow.

**aim:**

Encourage more children to walk to school.



## Variations and Tips

- You can use the Walker's Tree as a permanent fixture and complete it annually. Paint a permanent tree onto a visible wall in the school.
- Pick spot prize winners by picking leaves off the tree and reward in assembly.
- If you have a lot of children using public transport have a sustainable transport tree to include these children.
- Use different colours of green to denote the types of transport children are using (walking, WSB, cycling, bus, train).
- If you want to encourage children to walk in the winter, instead of creating a tree, paint an umbrella and have the children write their names on raindrops.

# Walking ambassadors

Select students to be 'walking ambassadors' for a week.

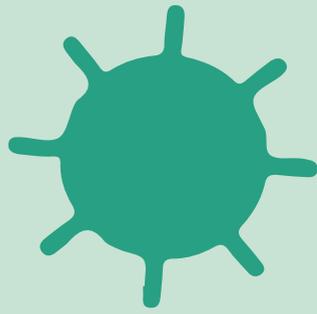
## aim:

Recognise those students who walk regularly to school and use students to encourage other students to take up walking.

## Method:

1. Design and make 'walking ambassadors' t-shirts / vests. Make them a bright colour so they can be easily recognised. Another option would be to purchase fluorescent vests.
2. Select 10 students who walk regularly, they can be your 'walking ambassadors' for a week:
  - Announce the selected students in assembly where they receive a certificate, t-shirt / vest and are invited to sit on 'walking ambassador chairs' for the assembly, instead of on the floor.
  - The selected ambassadors could wear the t-shirt / vest to school every day for the week and then hand it back at the end of the week.
3. Give each ambassador a set of 'walk to school' stickers that they can hand out to other students they see walking to school during the week.
  - The role of the ambassadors for the week is to promote walking to school by talking to their friends and classmates and handing out the stickers. They should also act as good role models when they are walking.
4. Ambassadors could meet together and plan an event or incentive to implement during their week.
5. Ambassadors could also be encouraged to report any problem areas or issues in the surrounding streets either in a walking ambassadors log book, or by meeting with a teacher or the Principal.





## Variations and Tips

- To ensure that students who live far away from school can be included, drop-off points can be organised 400m from the school and children who walk from there can be counted as walkers and therefore selected as ambassadors.
- Develop your own methods for ambassadors to be recognised or selected.
- Depending upon the size of your school, you may need to have ambassadors for a month instead of a week.
- Select as many ambassadors as appropriate for your school.
- Give the ambassadors as much responsibility as appropriate. Ambassadors could be given tasks including designing a poster to promote walking, or helping to run other walking initiatives such as counting house points that may be given to walkers etc.



# Walking buddy challenge

Set up a 'Walking Buddy Challenge' by pairing up existing students who walk to school regularly with students from the same class or year level that live nearby who could walk.

## aim:

This challenge aims to buddy up students who walk regularly to school with others who live near them.

## Method:

1. Identify existing walkers from senior primary levels through a modal survey or hands up count.
2. Set your own school criteria for what constitutes a 'regular walker' e.g. somebody who walks 80% of days in one term.
3. Identify classmates or neighbours who currently travel by car.
4. Have a meeting with all students to describe the project and talk about pedestrian safety.
5. Set up a system for recording buddies who walk e.g. keep a chart in each classroom for children to tick beside their name, have a register at the school office, a parent, teacher or senior student at the school gate each morning and afternoon with a register where walkers can 'sign-in', or create walking tickets that can be hole punched like a bus ticket.
6. At the end of each term, identify which student buddies have been 'regular walkers' according to your criteria. Use incentives to reward participation in the project, e.g. movie passes, a morning/afternoon movie for all participants, certificates at assembly, draw for a big prize.
7. The students who are regular walking buddies each term graduate to 'regular walker' status and can nominate other car users to join the project.



## Variations and Tips

- To ensure that students who live far away from the school can be included, drop-off points can be organised 400m-1km from the school and children who walk from there can be counted as walkers.
- Change the time frame to earn 'regular walker' status e.g. calculate once per term, twice a year or once per year.
- Make sure incentives are attractive to participants to create a sense of desire to belong to the project.

# School / class exercises

## 1. Google your walk to school

Use Google Maps to work out how long it will take you to walk to school.

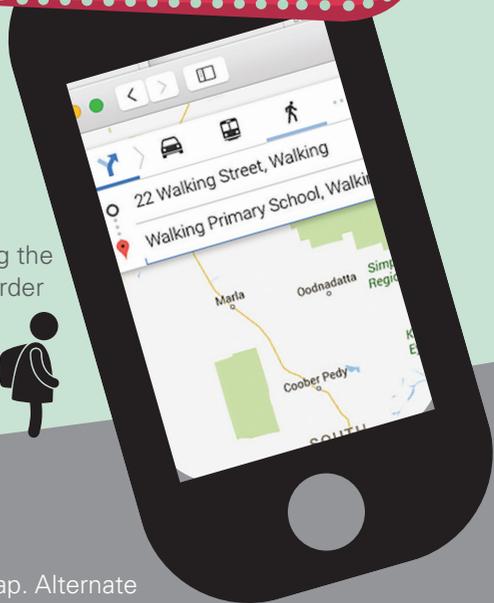
### Method:

Work through these instructions to use Google Maps to map your route to school.

1. Open Google Maps
2. Hover your cursor over the search box, then click **Directions** →  
(If you don't see the Directions button, see alternate instructions at the bottom of this page)
3. Click points on the map or type the address or place name
4. [Optional] Add additional destinations by clicking the **+** button in the directions card. To change the order of your destinations, click and drag each one
5. Click the walking  icon

### aim:

- To find out how far it is to walk to school
- To look at features on the routes using a satellite image
- To construct a map of the route to school.



### View directions:

The best route to your destination is blue on the map. Alternate routes are in gray on the map. See alternate routes by clicking on the map and dragging the blue line over the route you would like to take. Please note that the Google route may exclude pedestrian paths or shared pathways.

The walking directions with the estimated distances in metres/kilometres on each road of the route will be listed below.

## 2. Travel safely newsletter column

Write a regular column on different aspects of school travel in your school newsletter.

### Method:

Write a regular column in your newsletter revolving around road safety and sustainable transport.

### aim:

To continue to raise awareness around road safety and sustainable transport options to/from school.

### Column ideas include:

- Information on safe parking practices at the gate.
- Promotion of the health and fitness benefits of walking.
- Discuss environmental issues associated with cars.
- Provide information on the social benefits of walking.
- Congratulate specific parents or children who have changed their travel behaviour to a sustainable mode.
- Include children's poems or stories about their journey to school.
- Include teachers or parents memories from when they travelled to school.
- Utilise the road safety messages for parents and carers (page 28 onwards).

### Variation and Tips

- Have a section on your school website with all the above information.



### 3. 'Travel safely' information board

Have a noticeboard to display information on sustainable ways to get to /from school.

#### Method:

1. Choose an area in your school to have the notice board.
2. Erect a noticeboard and display information including:



#### Travel safely information board

- Information on safe parking practices at the gate
- Walking School Bus routes
- Promote the health and fitness benefits of walking
- Discuss environmental issues associated with cars
- Provide information on the social benefits of walking
- Bus routes and timetables if appropriate
- Congratulate specific parents or children who have changed their travel behaviour, to include sustainable travel
- Include children's poems, posters or stories about their journey to school
- Competitions or road safety class work



#### aim:

To keep up to date information on transport choices at the school and encourage parents to initiate sustainable transport options.

## 4. Create your own walking map

Class based activity for years 5 and 6

### Materials:

Each Group should be given:

- Clipboards
- Maps with route highlighted (use Google maps)
- Activity template
- Stop watch
- Pedometers (3 or 4)
- Camera

### aim:

To encourage more children to walk to school by identifying safe drop off locations that are 15 minutes or less away from the school gate.

### Method:

1. Distribute a permission form for the event to the parents of the students involved, source adult supervision for each group.
2. Prepare maps – draw in 5 or 6 different routes for groups to walk away from school
3. Divide the class into manageable groups for the walk (5 or 6 groups). Give each student a role or responsibility.

#### WALKING GROUP

Group leader  
(task of taking photos with camera)

Time keeper

Recorder

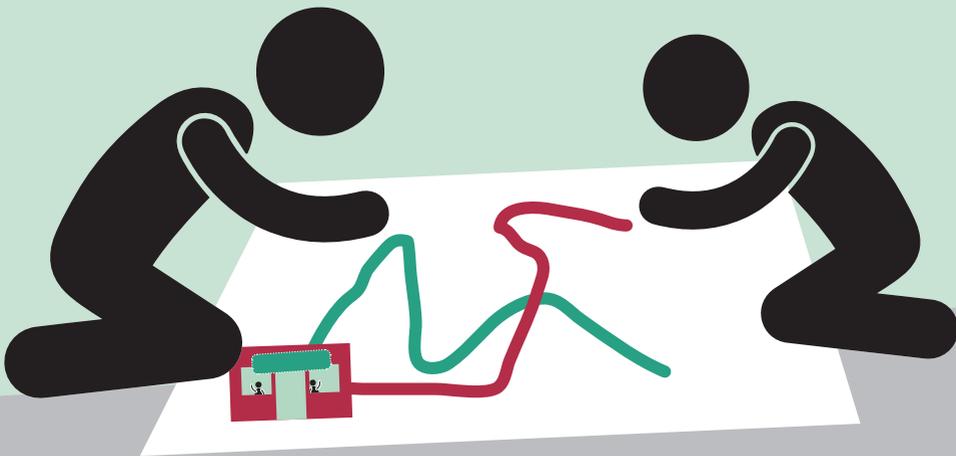
Pedometer wearers

4. Explain task of recording 5, 10 and 15 minute points on map and activity sheet.
5. Collate information onto maps.
6. Follow up class activity sheet by producing a walking map display, posters or flyers to inform local school community

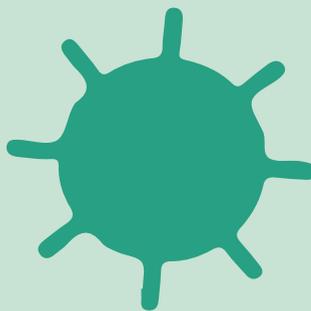


## Variations and Tips

- Could be run as an individual homework activity.
- Discuss options for drop-off locations less than 15 minutes away, where parents could safely pull over and avoid causing congestion at the school gate(s). Try to avoid locations that generate congestion near other schools as well. Create a walking map flyer displaying the less than 15 minutes locations, including the benefits of reducing congestion at the school gate(s) and have students walking 30 minutes a day.
- Create an invitation to the less than 15 minutes locations, distribute to parents, dropping off students the week prior to holding a 'Walk to School Day'.
- Organise a 'Walk to School Day'. Thank parents in the school newsletter for using the drop off locations. Consider offering coffee, juice or snacks at the less than 15 minutes locations.



# ROAD SAFETY MESSAGES FOR PARENTS AND CARERS



The following messages can be used when communicating with parents and caregivers through school newsletters, school websites etc.



## General road safety messages:

- Be a positive role model when you are a pedestrian, passenger and rider. Children learn from what they see as well as what we say. Never sacrifice safety for convenience.
- Adults must always set a good example. Always wear your seatbelt, obey the road rules and encourage your children to do the same. Children learn by copying what we do.
- When you are out with your child help them practice their developing road safety skills. Guide them in learning good road safety habits.
- Children cannot accurately judge the speed of approaching traffic so they struggle to pick a safe gap in which to cross the road. Never call your child across the road.
- Talk to your child about what to do if unexpected things happen e.g. the ball rolls out onto the road, a car is backing out of a driveway.
- Praise good road safety behaviour from your children and encourage them to observe good road safety behaviour in others.
- Go over what your child has learned about road safety using books, role playing, games and discussions.
- If you can, offer to be a parent helper for road safety lessons and practical sessions at school so you can find out what your child is learning and reinforce it at home.
- As adults we are responsible for the safety of our children around traffic, whether they are pedestrians, passengers, riders or just playing.
- Take every opportunity to help children learn about road safety by talking to them about what you are doing to keep everyone safe around traffic.
- Park safely and legally, and then walk to school to drop off and pick up your child. Remember, it's good to chat to other parents but children quickly become bored so hold on to little hands to keep them safe.
- Walking to and from school with your child is the perfect opportunity to demonstrate good road safety behaviour and it's good for you and the environment too. One less car at the school gate makes it safer for everyone and is often faster than trying to park closer.
- Wet days mean more traffic and less visibility. Extra care and patience is needed. Use your lights so your vehicle can be seen, bring an umbrella and be prepared to walk a bit further than usual to collect your child. It is better to catch a cold than to collect a car!



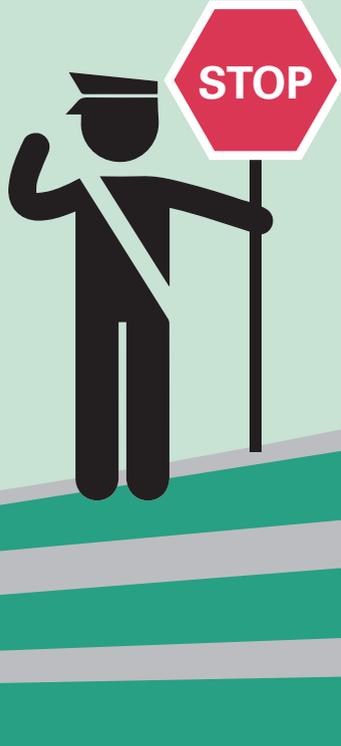
## Passenger safety messages:

- It is the driver's responsibility to ensure that each passenger is secured in an appropriate seatbelt or child car seat. Check before you start the car on every trip, long or short.
- Make sure all child car seats are Australian Standards Approved and have been correctly installed. Your local council has information about free child car seat checking days in your area.
- Children up to the age of 7 years must be in an approved child car seat. It is recommended that they remain in the car seat until they are too big for it and can sit properly in an adult seatbelt i.e. back flat against the seat-back and knees bending over the front edge of the seat.
- You can make getting in and out of the car as safe as possible by:
  - Parking on the same side of the road as your destination if possible
  - Letting children in and out of the vehicle on the footpath side only.
  - Collecting children and escorting them to the vehicle.
  - Never calling a child across the road.
- Children are safest in the back seat. Until they are at least 7 they should only travel in the front if all rear positions are taken by younger children.
- It is illegal to leave a child unattended in a vehicle. They can be in danger of heat stress and dehydration even with the windows wound down. They can become distressed if they find they are alone and are also vulnerable to car thieves.
- Children should enter and exit the vehicle from the side closest to the footpath, usually the passenger side door.
- Worn or damaged seatbelts and child car seats place the passenger at greater risk of serious injury or death in a crash. Worn or damaged seatbelts and car seats should be replaced immediately.
- Child car seats have a 10 year lifespan but must be replaced earlier if they have been involved in a crash. If you are considering a second hand car seat, check its date of manufacture and ask about its crash history. If in doubt don't risk it.



## Pedestrian safety messages

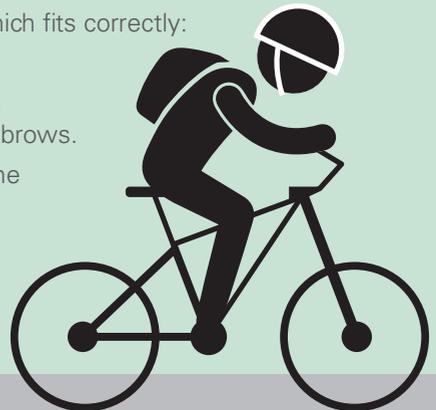
- Waving or beckoning to your child from the opposite side of the road is not a safe thing to do as children are likely to run across to you. Meet them on the side where they are standing and cross together.
- Make yourself aware of what your child can actually see, hear, and do at the roadside. Remember that children are unable to judge speeds of approaching vehicles and drivers find them harder to see.
- Always use the kerb drill to cross the road:
  - **STOP** one step back from the kerb
  - **LOOK** for traffic coming from all directions
  - **LISTEN** for approaching vehicles that you cannot see yet
  - **THINK** about whether this is a good time to cross
  - When there are no vehicles coming, quickly **WALK** straight across the road, looking and listening for any approaching traffic.



- Teach children to use a pedestrian crossing or traffic signals if there is one nearby. Remind them to check that traffic has stopped before they start to cross and to keep checking as they cross. Cars don't always stop even though they should.
- Children under the age of 8 years should hold an adult's hand whenever they are around any traffic, including on the footpath. Children up to 10 years need to hold hands with an adult when crossing the street.
- Supervise children in areas such as car parks, school drop-off and pick-up points, or any area where there is lots of traffic.
- When walking on the footpath, explain to children about driveway safety especially where drivers may not see them or where a vehicle may be hidden from view.
- High fences and shrubs can make children difficult to see for a driver and prevent the child from seeing a vehicle coming in or out of a driveway. Every year children are killed and seriously injured in driveways. Always keep your eyes and ears open and be alert for backing lights around driveways.
- Teaching your child to walk on the property side of the footpath keeps them as far from the traffic as possible.
- The shortest walking route to school might not always be the safest. If possible avoid the busiest roads and always use crossing facilities if they are available.
- Encourage your child to use supervised or controlled crossing points such as pedestrian crossings, school crossings and or signalised crossings
- If children must cross the road on their own, teach them to cross on the straight section of road as far from intersections as possible to make it easier for them to see.
- Where there are no footpaths and no alternative route, show your child how to walk on the right-hand side of the road so they can see the traffic coming towards them.
- Everyone loves to play but not all places are safe play areas. Unsafe places to play include car parks, driveways or near the road.
- Travelling by bus is a safe option for school students. A few basic tips will help make the journey safer:
  - Hold hands as you walk to the bus stop
  - While you wait at the bus stop stay as far back from the traffic as possible.
  - After school, meet you child on the same side of the road as the bus stop. NEVER wait across the road.
  - Wait on the footpath until the bus has driven away before following the Stop, Look, Listen, Think drill.
  - Have a 'Plan B' in case you are delayed, they get off at the wrong bus stop or they catch the wrong bus. Make sure they know what to do.
  - Children have not developed the maturity or understanding to cross the road on their own until they are at least 10 years old.

## Rider messages

- Make sure your child always wears a helmet whenever they are riding a bike, skateboard, scooter or any other type of wheeled toy. Parents also need to wear a helmet if they are riding
- Ensure your child's helmet is the correct fit and that they know how to put it on correctly. Helmets should be replaced every 10 years or sooner if they have been damaged.
- A good helmet should be: Australian Standards Approved, the correct size, brightly coloured for visibility, have no damaged straps or cracks in the inner lining or outer shell. It should always be worn buckled up.
- A cycle helmet that has had even a moderate blow or impact is less likely to protect your child in the event of a crash. It's unwise to use a damaged helmet.
- When children are riding skateboards, scooters or inline skates it is important that they wear appropriate safety gear e.g. helmet, covered shoes, knee and elbow pads.
- Ensure that bikes are regularly checked for safety including brakes, tyre tread, chain and size adjustment. Bikes must have a working bell and, if being used in poor light or at night, they must have a bike light.
- It is unwise to purchase a bike or helmet for your child to 'grow into' as the bike must be safe to ride now and an oversized helmet won't protect a rider's head unless it fits correctly
- Teach your child the road rules necessary for safe cycling.
- Australian road rules permit children under 12 to ride on the footpath. An adult who is accompanying a child under 12 may also ride on the footpath. Take special care at driveways and slow down around pedestrians
- Take your child with you when you buy them a new helmet.
- The following tips will help you purchase one which fits correctly:
  - It should be neither too tight nor too loose
  - There should be two fingers space between the bottom of the helmet and the child's eyebrows.
  - Check that the helmet is not too heavy for the child's head and neck.



## Driveways and car parks

- Young children need supervision around vehicles at all times. Hold their hand or hold them close to keep them safe.
- Expect the unexpected with children especially around traffic. It only takes a second for a tragedy to happen.
- Children are especially difficult to see when a vehicle is reversing. Take extra care when walking through car parks or near driveways. Stay alert for moving vehicles.
- Teach your children to stop and check for moving vehicles at every driveway



## Parking Signs and Rules

- Parking restrictions are a compromise between the many competing demands that exist around schools. The restrictions include a mixture of drop off zones (No Parking Zones), bus access zones (Bus Zones) and vision safety zones (No Stopping Zones). Parents are expected to respect the restrictions for the safety of all children.
- The parking restrictions in the vicinity of schools have been developed over many years in response to a worrying number of pedestrian crashes and are supported by state and local governments, education authorities and Police. This is partly because children represent some of our most vulnerable road users as they lack a developed road sense.
- The following signs have the same meaning everywhere. However, there are higher penalties and demerit points for non-compliance in school zones compared to other places.
  - No Parking signs are used in areas where drop off and pick up is permitted. You may only be there for 2 minutes and must remain within 3 metres of your vehicle. This is not a waiting area and you cannot leave your vehicle.
  - No Stopping signs are usually installed for safety and visibility at intersections and near crossings or blind corners. A No Stopping sign means that you must not stop in this area. Where times are shown on the sign the restriction only applies at those times.
- Time restricted parking e.g. P5min or 1P allows you to park and leave your vehicle for the time nominated on the sign. If you need to go into the school, make sure you have moved your vehicle within the time allowed on the sign.
- Bus Zones are a no stopping zone unless you are driving a commercial bus. Do not pull up in these zones, park or load/unload passengers as you seriously inconvenience the bus services.
- Driveways and footpaths must not be blocked by vehicles. This is illegal, dangerous and inconveniences the neighbours of the school. Be sure to find a safe and legal parking space.



# Walk to school day template



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

WALK  
TODAY

WALK  
TODAY

WALK  
TODAY

WALK  
TODAY

WALK  
TODAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



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MONDAY



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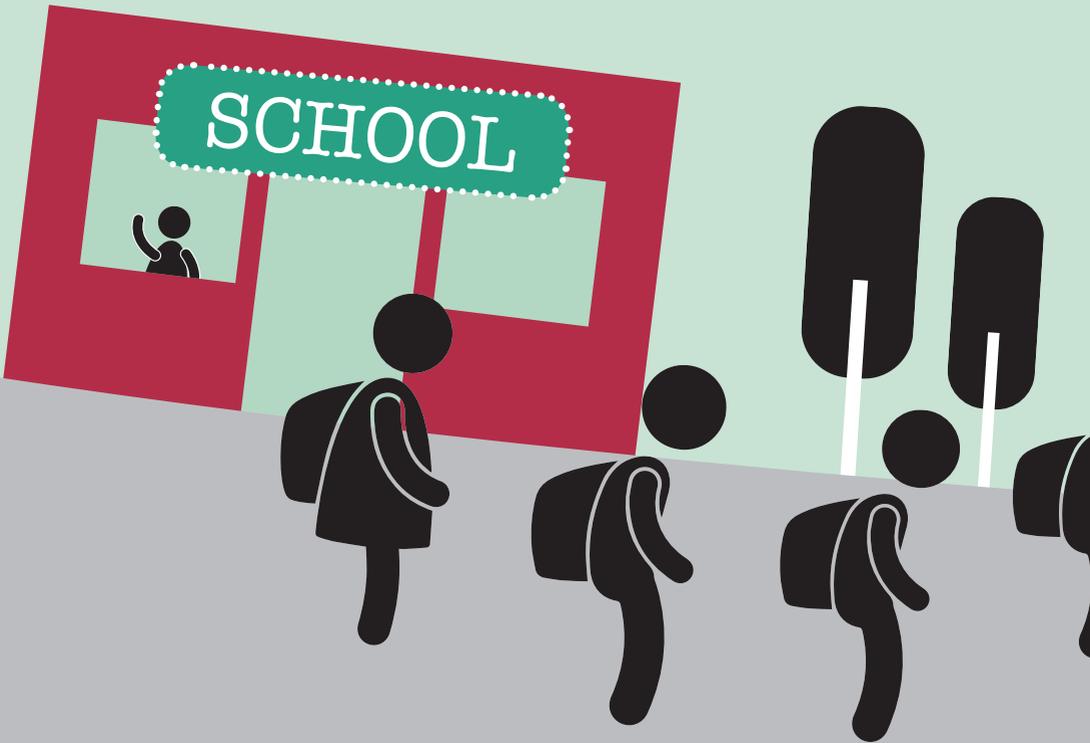
WALK TODAY



WALK TODAY



# School 'Frequent Walker' Membership Card





### School 'Frequent Walker' Membership Card

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

Collect stamps here



Mark one circle each time you walk to school. Once you have collected 20 points, you earn a stamp. Collect 3 stamps and you'll receive a prize.

Name:

Class:

### School 'Frequent Walker' Membership Card

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
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