

Walk to School Week 2023

Resources for Secondary Schools

National Walk to School Week takes place this year from **2nd – 6th October 2023**. This week is all about celebrating walking as a positive mode for school journeys. We are asking schools to celebrate with us and try to make this the best most inclusive walk to school week yet!

National Walk on Wednesday

Walk on Wednesdays are days where everyone tries to walk or park and stride to school if they can. National Walk to School Day will take place on the **4th October 2023** where schools across the country are invited to join in.

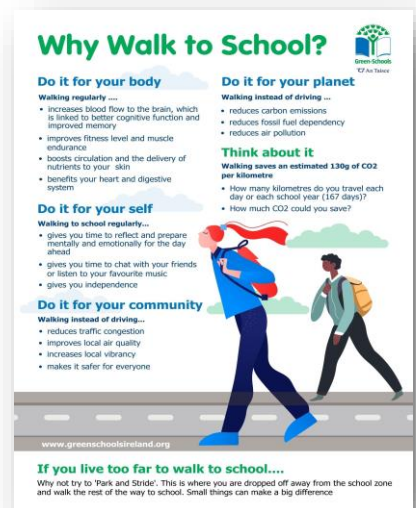
Support material

- [National Walk to School Week Poster](#) [English](#) [Irish](#)
- [Benefits of Walking](#) [A4 Poster](#) [A3 Poster](#)
- [WOW Day Survey Sheet](#) [WOW day](#)

Visit our [website](#) or refer to your travel handbooks for ideas and inspiration for your WOW day.

We would love to hear your stories and celebrate your work!

Tag [#walktoschool23](#), [@greenschoolsIre](#) or email travel@greenschoolsireland.org



Activities and Lesson Plans

Create a slideshow



Download this [Walk to School Week Slideshow](#) and insert your own ideas and images to help raise awareness about the benefits of walking. This can be used on passive loop on display screens or even better at assembly. Make it your own...

Bling your shoe..



Consider a whole school bling your shoe competition or decorate your classroom door for National WOW day. Ask your travel officer for ideas and prizes.

Soapbox competition



Get on your soapbox and make a speech! A [soapbox competition](#) is where students advocate for a specific mode such as walking, public transport etc and create a manifesto. This is a great way to raise awareness about the theme and get people thinking.

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Interactive activities (All levels)

[Alternative Futures](#) is an activity designed to encourage students to critically reflect on how small changes can make a difference.

Some [interesting facts](#) about walking. These could be used for your noticeboard or a flash quiz to test students' knowledge.

[Neighbourhood planning](#) is an activity which invites students to look at their own area with a sustainable travel lens.



Walking Activities – Stride and Posture (all levels)

Learn about [good posture](#), [stride walking](#) and [power walking](#) in a fun and interactive way. Learning new ways to walk ...a perfect way to kick off walk to school week!



Green-Schools Toolkits (all levels)

Air Quality and Climate Change are key topics for the travel theme. Green-Schools Travel offers secondary schools three key toolkits to support their work on the theme.

[Air Quality Toolkit](#) [No Idling Toolkit](#) [Ethics of Climate Change](#)

Watch and Discuss

Ireland's longest running environmental series that examines environmental issues both at home and abroad. Listed below are transport themed episodes that will hopefully help stimulate discussion about sustainable travel. Further episodes are available via [RTE Player](#) or the ECO-EYE [YouTube channel](#).

- [Ending Gridlock Part 1 \(Season 18, Episode 08\)](#)
- [The Air we Breathe \(Ireland's Air Quality\) \(Season 16, Episode 05\)](#)
- [Transport and Ireland \(Season 05, Episode 5\)](#)



Why Walk?

[Why Walk?](#) Interactive discussion workshop where students are divided into groups to discuss a range of questions based on walking to school.



Capture your success

Please record the number of students that walked to school on National WOW day and submit your results by email travel@greenschoolsireland.org by the 21st October or visit our website for the range of ways you can submit. Contact your travel officer if you need assistance or ideas for completing WOW day surveys in secondary schools.



Scan to submit your
WOW numbers