

# Walk to School Week 2022

## Resources for Secondary Schools

National Walk to School Week takes place this year from September 19<sup>th</sup> – 23<sup>rd</sup> 2022. 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 is **Wednesday 21<sup>st</sup> September** where schools across the country are invited to join in.

[Support material](#)

[Walk to School Week Events Poster](#)

Benefits of Walking [A4 Poster](#) [A3 Poster](#)

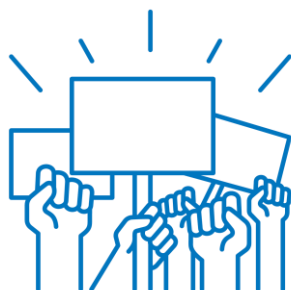
[Capture your success](#)

Please record the number of participants [online](#) or by email to [travel@eeu.antaisce.org](mailto:travel@eeu.antaisce.org) before the **21<sup>st</sup> October 2022**.

Every school is different so discuss which survey method is the best with your committee. Sample surveys are available from our website [www.greenschoolsireland.org](http://www.greenschoolsireland.org)

**Don't forget to contact your local travel officer for help and guidance.**

## Activities and Lesson Plans



### Interactive activities

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

[How many steps](#) invites students to estimate how many steps it would take to travel a kilometre. This can be delivered indoors or outdoors.



### Why Walk to School?

#### Do it for your body

##### Walking regularly ...

- increases blood flow to the brain, which is linked to better cognitive function and improved memory
- improves fitness level and muscle endurance
- boosts circulation and the delivery of nutrients to your skin
- benefits your heart and digestive system

#### Do it for your self

##### Walking to school regularly...

- gives you time to reflect and prepare mentally and emotionally for the day ahead
- gives you time to chat with your friends or listen to your favourite music
- gives you independence

#### Do it for your community

##### Walking instead of driving...

- reduces traffic congestion
- improves local air quality
- increases local vibrancy
- makes it safer for everyone

#### Do it for your planet

##### Walking instead of driving ...

- reduces carbon emissions
- reduces fossil fuel dependency
- reduces air pollution

#### Think about it

- Walking saves an estimated 130g of CO2 per kilometre
- How many kilometres do you travel each day on each school year (160 days)?
- How much CO2 could you save?



#### If you live too far to walk to school...

Why not try to 'Park and Stride'. This is where you are dropped off away from the school zone and walk the rest of the way to school. Small things can make a big difference

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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! To access this resource click here.



### 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.

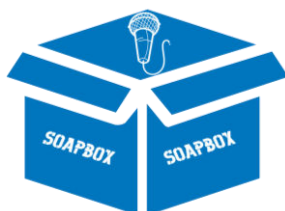
[Air Quality Toolkit](#) [No Idling Toolkit](#) [Ethics of Climate Change](#)



### 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](#).

- [Green with Health \(Environment and Health\) \(Season 15, Episode 1\)](#)
- [Ending Gridlock Part 1 \(Season 18, Episode 08\)](#)
- [The Air we Breathe \(Ireland's Air Quality\) \(Season 16, Episode 05\)](#)
- [Transport and Ireland \(Season 05, Episode 5\)](#)



### 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.