

International Walk to School Month

October 2022

Discover where walking can take you

Dear Student,

'International Walk to School Month' takes place this October and is an exciting campaign designed to encourage physical activity into the daily routine, through walking to and from school in a fun and innovative way.

The aim of the focus month is to show your school community that walking to school:

- is a brilliant way of keeping active and healthy
- helps the environment, because fewer cars on our roads means less air pollution
- will not mean waiting in traffic jams and will possibly be quicker
- allows students to interact with their local environment and develop independence
- increases quality time with family and friends to enjoy the outdoors
- can help teach essential road safety skills, improve concentration and alertness
- will eliminate fuel costs
- can be FUN!!!!

Each year, secondary school students from across the UK join forces with children in more than 40 countries worldwide to celebrate the benefits of walking to school.

THE SOCIAL NETWALK: 2-WEEK CHALLENGE

Medway Council's Transport Initiatives Team are inviting ALL secondary schools and academies in Medway to compete in 'The Social Network' which runs for two-weeks with the aim to tally the highest percentage of walks over the duration.

The challenge will be taking place across the following dates:

WEEK 1: Monday 10th - Friday 14th October 2022

WEEK 2: Monday 17th - Friday 21st October 2022



There is to be a daily hands-up survey conducted in each class, which will ask - "Put your hand up if you came to school by green travel today". Green travel means: walking, cycling, scooter, park and stride, train, bus. Your weekly class figures should then be added to a whole school tally chart to calculate a running total for your school. Winners will be recognised for the secondary school with the highest percentage of students walking over the 2-weeks, with a certificate awarded and press acknowledgement issued amongst the community.

Best of luck,

**Transport Initiatives Team,
Medway Council**