



iwalk 2011

for fun

to school!

in my community

for the earth

with my friends

For iWalk 2011, school communities across Canada are celebrating the joys and benefits of walking to and from school - and everywhere else children go!

This year in BC, iWalk is expanding beyond the journey to and from school. With this in mind, we're encouraging schools and families to incorporate new journeys and ideas into their iWalk activities.

Consider adding an off-campus twist to your iWalk plans: count weekend walking trips towards walk-a-thon totals, plan field trips within walking distance from school, bike or bus to after school activities, or have students map out the best walking-routes in their neighbourhood; the sky, er, sidewalk's the limit!

Help your school get ready for iWalk, get set with resources, and go with your own customized event or plan.

Ready: here's a checklist to help your school get ready for iWalk

Let everyone know:

- Ensure students, staff and families are aware of your school's plans for iWalk. Include the event in your calendar, newsletters and announcements.
- Invite a local politician, send out a media release, or have students make Public Service Announcements.
- Ask local organizations, businesses and parent groups to get involved by volunteering at your event or donating prizes or refreshments.

Plan for safety. You can get pedestrian safety information through HASTE (www.hastebc.org) and order free road safety resources through ICBC (www.icbc.com/4teachers).

Make iWalk a teachable moment: GreenLearning has developed intermediate lesson plans on sustainable transportation: www.greenlearning.ca/eneraction. ICBC has FREE transportation safety resources available through their website: www.icbc.com/4teachers.

Make a plan. Turn the page for ideas to create an iWalk event that works for your school.



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Set: find resources to support an iWalk event or celebration








Students can use **HASTE's online MyTravel Calculator** to compare their usual trips to school with their activity during iWalk. Whether they're looking at GHG emissions reduced, calories burned or kilometres walked, MyTravel can illustrate the impacts of iWalk and active transportation: www.hastebc.org/mytravel

The **Global Children's Challenge** is the perfect opportunity to take iWalk to the next level this Fall. The Challenge gives registered classes 50 days - and all the resources they need, including pedometers, maps, etc. - to walk all the way around the world. The Challenge starts Thursday, September 15th. Teacher's can register their class at: www.gccjunior.org



Go!: Ideas to celebrate iWalk at your school

-  Have a competition - between classrooms, or with another school. Hold a walk-a-thon to benefit a good cause. Organize a theme, set a goal, find a cause to support, give out prizes or celebrate participation in an assembly or newsletters.
-  Design a way for those who can't walk to school to participate. Organize a meeting spot where students can be safely dropped off and gather, and walk the last few blocks to school together. Or organize a walk around the school yard or gym
-  Pick a destination - another city, or a country you are studying - then walk there! Measure the distance and have students record their progress through their trips to school.
-  Organize a car-free field trip. In Metro Vancouver, students can take transit for free during iWalk week. In many communities, BC Transit has group travel programs. Plan a field trip (in off-peak hours) and help your students learn how to get there by bus.
-  Use iWalk as an opportunity to kick off your school's walking program - this could be a Walking School Bus, designating best walking routes or a regular walking day. Check out the HASTE website for more ideas: www.hastebc.org/programs