

A Guide to Walk Together

What is Walk Together?

A Walk Together scheme is a way of making it easier to walk to school. Parents who live on the same route to school take it in turns to accompany their children to school.

Walk Together is particularly good for:

- **working** parents
- parents with children at **multiple schools**
- parents with **mobility issues**
- anyone who **wants to walk more** but finds it difficult



You can take it in turns to walk your children to school on different days, or arrange for your children to meet up on the way.

This last option may be good for older children if you are worried about them walking the journey alone but don't feel they necessarily need to be accompanied by an adult the whole way.



Why Walk Together?

The likelihood is that if you want to walk but find it hard, other parents do too - so joining forces is a great way to get around this.

Walk Together gives peace of mind to parents who might not have the time to walk their children to school each day, and allows children to develop their confidence and proficiency on the streets.

How do I start?

To get Walk Together going, all you need to do is to run a Walk Together session at your school. You can do this by talking to a teacher and showing them this pack. Running a Walk Together session allows parents and pupils to find out who lives near them and to arrange to walk together.

Walk Together Session

What is the purpose of the Walk Together session?

The purpose of the session is to help parents who live on the same route to school identify each other and arrange to share their walk to school.

When to run your Walk Together session

Walk Together sessions are best run at the beginning of the academic year for new intakes, or during the summer term for the next school year. Parent evenings, inductions evenings/days (especially for new intakes), PTA evenings or school fetes, are all good times to run a session. If you don't have any coming up, you could write a letter to parents explaining that a session will be held on a specific day, and to drop by if they are interested. For working parents who cannot make it, you could ask them to email/send their details to a volunteer teacher/parent who will coordinate the session.

Who should attend the session?

The session is mainly for parents and teachers, but children can come as well if you want them to meet their potential walking partners. Any school staff who might be helping coordinate the scheme should attend.

Materials you will need

- A map of the school and surrounding area (e.g. 2km radius) and a place to pin it up
- Plenty of Walk Together profile cards and 3 sets of stickers (included in this pack) to be printed off
- Some pins or blu tac and some pens

Running a Walk Together Session

Walk Together sessions are easy to set up and run. All you need to do is:

1. Explain the scheme and distribute a profile card and three stickers to each parent or child taking part
2. Each parent or child places a sticker on their profile card, a sticker on the map where they want to walk from (this could be home or a park and stride point) and a sticker on themselves
3. Complete profile cards and stick them up on a board/wall
4. Parents/children can then compare start points and check profiles to find buddies who may share their interests or walk the same days as them
5. Find your potential walking partner in the session and have a chat!

The next step is to meet your walking partner on the way to school and try walking together to see how convenient it is for you, how timings work and so on. If this goes well, we suggest you set up a timetable and walk together regularly. Schools may wish to leave the map and profiles up (perhaps in reception).

For more information about Walk To School visit our website at www.walktoschool.org.uk

Data Protection: We suggest you do not write your house number down on your profile card until you have met a prospective walker and are comfortable with giving this information

Walk Together Profile



Hi, my child's name is:

Age

Parent's name:

Time I usually leave:

Boy Girl

Minutes it takes to get to school:

Mornings I'm available to walk: Mo Tu We Th Fr

Afternoons I'm available to walk: Mo Tu We Th Fr

Postcode

My child's interests are:

I don't want this information to be public in school

Walk Together Profile



Hi, my child's name is:

Age

Parent's name:

Time I usually leave:

Boy Girl

Minutes it takes to get to school:

Mornings I'm available to walk: Mo Tu We Th Fr

Afternoons I'm available to walk: Mo Tu We Th Fr

Postcode

My child's interests are:

I don't want this information to be public in school

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

55

57

58

59

60

61

62

63

64

65