

City of Tacoma Walk and Roll to School Day

There are numerous benefits to children walking or rolling to school! The City of Tacoma is excited to support you with your Safe Routes to School journey.

Resources for your event are available on the websites noted below.

- www.cityoftacoma.org/SRTS
- www.walkbiketoschool.org

If you have any questions or would like additional support, contact Carrie Wilhelme, Safe Routes to School Coordinator, at 253-591-5560 or cwilhelme@cityoftacoma.org.

Meeting with the School Checklist:

- ✔ Set up a meeting with the principal to request permission to hold an event
- ✔ Agree upon a date, taking into consideration late start, holidays, conferences, etc.
- ✔ Ask if the principal would be willing to promote the event by:
 - Adding it to the school calendar
 - Including it in a school newsletter
 - Promoting it on a reader board
 - Including it in a robocall
- ✔ Keep the school informed as details are finalized

PLAN YOUR EVENT USING THESE SIMPLE STEPS:

- 1 Get support from the principal**
School administrators are important partners. Meet with the principal before publicizing the event.
- 2 Build a core planning team**
Try to have a minimum of two volunteers and one staff person to help organize the event.
- 3 Envision the event**
Start with what you are comfortable with and go from there. Use the Activity Options Checklist on the back of this flyer to gather ideas.
- 4 Register and pick up a kit**
Register your event at www.cityoftacoma.org/SRTS and get your free Walk and Roll to School Day kit*.
- 5 Finalize details**
Think about supplies you might need, such as a megaphone, tables, stickers. Decide what students will do once they arrive at school. Where can they store their bicycles, helmets, skateboards?
- 6 Promote the event**
The key to a successful event is getting the word out. Begin advertising 3-4 weeks before the event, and continue to do so weekly, and finally a couple days before the event. Use existing school outreach methods, if possible.
- 7 Enjoy the day!**
Take pictures, give high-fives, and provide generous words of encouragement. Save all materials for the next event, and send thank you notes to volunteers and partners.



*kit available while supplies last



Walk and Roll to School Day



Activity Options for the Event

There are many ways you can make the Walk and Roll to School Day a fun event. The event can be as simple as encouraging students to walk to school on a specific day, or as elaborate as having guest speakers and prizes. It can occur one day a month, once a week, or once a month for the entire school year. Meet with the principal and your planning team to decide which activities would work best for your school.

Check the activities you are excited to try and assign responsibilities.

- | | |
|--|---|
| <input type="checkbox"/> Set up a welcome table
Greet students at the school entrance on the morning of the event.
Who: _____ | <input type="checkbox"/> Invite local “celebrities” to join
Reach out to police, fire, council members, the school board, or others to greet and congratulate participants.
Who: _____ |
| <input type="checkbox"/> Designate a Park and Walk location
Identify an offsite location for parents to park and walk their kids if they live too far away.
Who: _____ | <input type="checkbox"/> Make banners, posters, and signs
Have kids participate in making and hanging up banners, posters, and signs around the school.
Who: _____ |
| <input type="checkbox"/> Make a tally poster
Hand out stickers to students at the school entrance to record on the poster how they got to school that day.
Who: _____ | <input type="checkbox"/> Mark routes
Use signs or sidewalk chalk to mark suggested routes to school.
Who: _____ |
| <input type="checkbox"/> Coordinate outfits
Encourage parents/guardians or teachers to dress up for the event according to theme.
Who: _____ | <input type="checkbox"/> Use the school intercom
Ask the principal to announce safety tips and reminders in the days before the event.
Who: _____ |
| <input type="checkbox"/> Choose a meeting location
Organize one or more locations for people to meet and walk together.
Who: _____ | <input type="checkbox"/> Place cheerleaders along walking routes
Have parents, teachers, or older students located along the route to cheer and give high-fives to those walking to school.
Who: _____ |
| <input type="checkbox"/> Provide snacks or hot chocolate
Talk to the PTO or Booster Club to see if funds are available for snacks like bananas (cut in half), granola bars, and donut holes.
Who: _____ | <input type="checkbox"/> Have music playing as children arrive to school
Use Bluetooth speakers and play kid-friendly music as the students arrive to school.
Who: _____ |

Contact Carrie Wilhelme, Safe Routes to School Coordinator at 253-591-5560
or cwilhelme@cityoftacoma.org

*Additional information is available on the City of Tacoma website at www.cityoftacoma.org/SRTS



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Example Activity Options



Activity Options for the Event

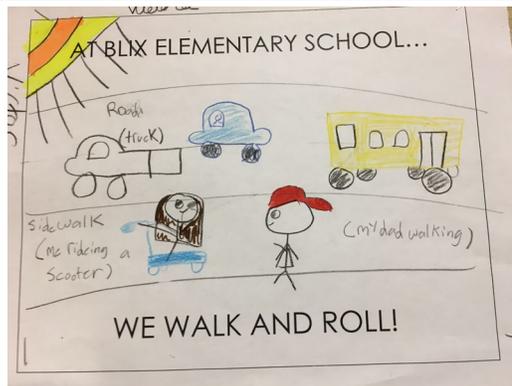
Below are some examples of activities that can be done for a Walk and Roll to School event. These are just a few examples of what has been done at Tacoma schools.



Have a table set-up by the entrance of the school to greet students.

Provide snacks or hot chocolate to students as they arrive to school.

Make stickers unique to the school to pass out, or contact the City of Tacoma SRTS for stickers.



See if a classroom would create posters about walking and rolling to school. Hang the posters in the hallway to advertise the event. ASB or student leadership groups can also be helpful with making posters.



Raffle off items to students who walked or rolled to school. Some ideas to raffle are bike locks, bike lights, water bottles, college t-shirts, fun shoelaces, or umbrellas.



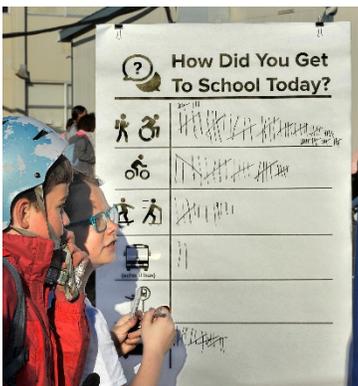
Have students sign the large “We Walk and Roll to School” sign provided by the City of Tacoma. Hang the sign in the hallway after the event.



Identify a location or two near the school that families and students can meet and walk to school together. Local parks, church parking lots, or community centers are great places to start a walking route to school.



Have adult volunteers or older students stand at crossings near the school to cheer or hold signs as students arrive to school.



Assign a student to keep track of how students arrived at school. Create your own tally poster or contact the City of Tacoma SRTS Coordinator if you would like a tally poster printed.