# WALK & BIKE TO SCHOOL DAY

WalkArlington and BikeArlington invite students to discover the benefits of walking and biking to help encourage healthier lifestyles. Read below for tips to a successful event.

## 1 PLAN EARLY

A successful event depends on organization and participation from parents, students and volunteers. Meet a few weeks in advance to generate ideas, plan activities and to create an event outline.

## 2 FIND PARTNERS

Reach out to the PTA, School Board, community members, school neighbors, local elected officials, police or local businesses. Bike & Walk to School Day is an event that impacts the entire community.

## 3 PROMOTE & SHARE

Enthusiasm and engagement begin at home and are reinforced at school.

**Parents can** create personalized walking/biking routes and pick out weather-appropriate clothing for the day.

**Teachers and staff can** help students create posters, keep biking/walking journals, study historical locations nearby or use pedometers to measure steps.

**Partners can** use the free toolkit, with pre-written text, to help spread the word via newsletters, listservs or emails.
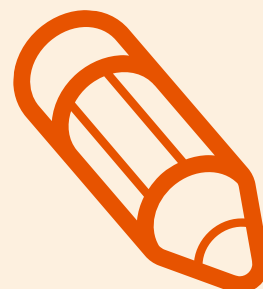
## 4 HOST EVENT

On the day, celebrate at your school with fun posters, banners or signs. Have volunteers greet VIPs, walkers and bicyclists as they arrive at school.

It's a fun day, so definitely encourage students to dress in bright, fun and reflective colors. Above all else, enjoy your walk or bike to school and celebrate how good you feel.

Don't forget to thank your sponsors, partners and volunteers.

## 5 SUSTAIN THE MOMENTUM

After Walk & Bike to School Day, sustain the momentum going with parents, staff and students. Great ways to keep the conversation alive include:

- Create a list of lessons learned
- Invite students to share experiences with PTA and School Board
- Write articles for student newspaper or for your partners to publish
- Survey families for feedback and to help create ideas
- Host safety seminars with Arlington County police on pedestrian safety and bicycle laws
- Incorporate walking into physical education and outdoor time

Bike Arlington    Walk Arlington