



Important Information for your School

Welcome to **the iwalk club!** In this package you will find everything you need to implement **the iwalk club** at your school. GOOD LUCK!



the iwalk club is an initiative of Green Communities | Active & Safe Routes to School

Green
Communities

"Driving cars pollutes the air that we need to breathe. But you can help make things better by walking to school instead of having your parents drive. It's better for you and the planet." – Dr. David Suzuki



Moving On Sustainable Transportation
Sur la route du transport durable



THE J.W. McCONNELL
FAMILY FOUNDATION
LA FONDATION DE LA
FAMILLE J.W. McCONNELL


THE ONTARIO TRILLIUM FOUNDATION
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IMPORTANT INFORMATION FOR YOUR SCHOOL

The iwalk club makes physical activity fun! This unique program is designed to be flexible.

Your school decides:

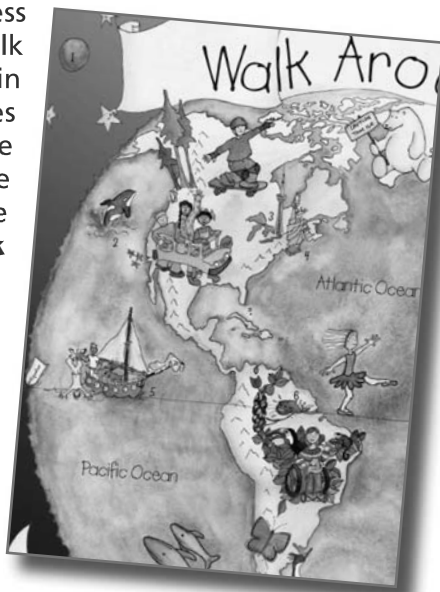
- ✓ Who participates – the entire student population or certain classes or grades.
- ✓ The frequency of eligible walks to school or in-school activities: daily, weekly, other.
- ✓ The type of student or class incentives to include.
- ✓ If the project will be organized by teachers, parents or a collaboration of both.
- ✓ Who will stamp the student's **iwalk club** cards.

Join the iwalk club and WALK AROUND THE WORLD:

Building on the success of International Walk to School Week, in which 36 countries participated, we are encouraging a theme of Walk Around the World for **the iwalk club**.

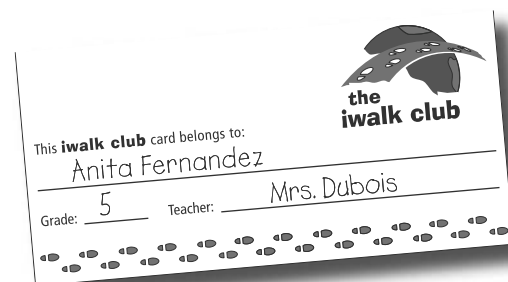
The enclosed Walk Around the World poster, along with the suggestions for related activities, can be used in the classroom and by the Parent Council, to create a sense of discovery while, at the same time, provide fun ideas to encourage the students to 'get active.' All of these activities have been linked to the Ontario curriculum.

All **iwalk club** materials are in English and French and all are available in downloadable, ready-to-use format from our web site at www.saferoutestoschool.ca.



Also included in this package:


- ✓ **iwalk club** cards for all your students
- ✓ 'golden sneaker' stickers for **the iwalk club** cards.
- ✓ Charlotte Diamond's fabulous CD – The Walking School Bus – check it out and get the whole school singing along
- ✓ the *Walk Around the World* poster that contains interesting facts about our world
- ✓ fun and informative activity ideas that are linked to the Ontario curriculum
- ✓ blank certificates of achievement for students



Students complete their iwalk club cards:

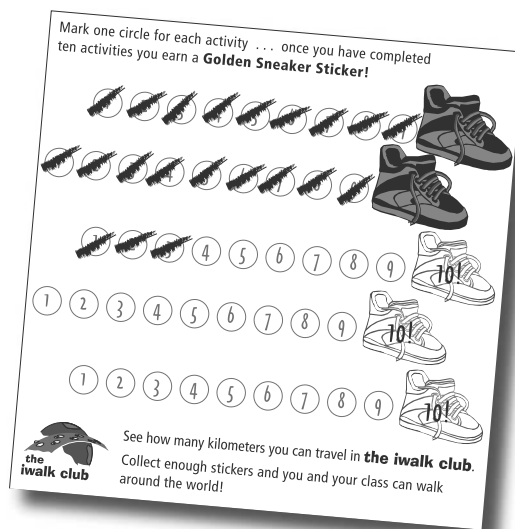
All students are members of **the iwalk club** and are provided with their own **iwalk club** cards:

Students are rewarded every time they:

- ✓ Walk, or use other active travel  to get to school
- ✓ Walk from a designated 'walk a block' zone. If students cannot walk all the way to school, 'walk a block' zones can be established around the school. Walk-a-block zones are typically a minimum of two full blocks from the school. Local municipalities can work with schools to identify suitable areas.
- ✓ Participate in a specific in-school activity, like a Kilometre Club, walking or running club, etc. The school can pick their own related in-school activity.

The iwalk club card contains spaces for 50 walks or in-school activities. Every time a student walks, or participates in a related in-school activity, they receive a stamp or marker for their card. The school can decide:

- ✓ Who stamps the student **iwalk club** cards. Examples: class teachers, volunteer parents, senior students.
- ✓ What type of stamp or marker to use for positions 1 through 9 on **the iwalk club** card. Could be a brightly coloured magic marker, a special stamp or a small sticker.



Walk to Win in the iwalk club:

Green Communities is offering **three grand prizes**, to be drawn in a random draw in June 2005. In order for your school to qualify for the prize draw you must keep track of your progress and send us back a completed **iwalk club** evaluation (attached) by May 31, 2005.

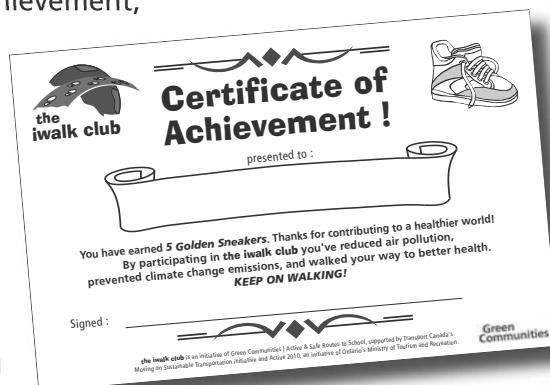
Another reason to keep track of results is to be able to recognize individual students and/or classes for ongoing achievement in **the iwalk club**.



For every tenth walk/in-school activity students receive a 'golden sneaker' sticker. We have included supplies of these stickers with this package. If you run out contact us for more at info@saferoutestoschool.ca or 1-877-533-4098.

We suggest that your school kick-off **the iwalk club** in each participating class by asking for a show of hands regarding the students' normal travel mode. This will give your school a baseline against which you can measure your participation results. Attached is an example of a class 'hands-up' survey along with an example of a tally sheet for school totals.

After a student has completed their **iwalk club** cards they can receive a certificate of achievement, and they are eligible for a prize. A master certificate has been provided with this package. Simply copy them as you need them.



We also suggest that your school hold hands-up surveys periodically throughout **the iwalk club** project. We recommend at least monthly.

The prizes for completing 50 walks or in-school activities are decided by the school. We opted to do this because each school has different ways of recognizing students for their achievements. Ideas for prizes include:

- ✓ **the iwalk club** can be a class challenge and classes where all students have completed their **iwalk club** cards can receive a class achievement:
 - ✓ A 'golden shoe' award (or a 'golden boot' award for the winter months)
 - ✓ An extra recess
 - ✓ An extra swim session
 - ✓ A visit from a local celebrity
 - ✓ A pizza lunch
- ✓ Individual students can receive stickers, tattoos, shoe laces, pencils, reflective tags, etc. Such items can be solicited from local businesses or provided by the School Parent Council.

Good Luck and Thanks!

Green Communities would like to thank your school for participating in **the iwalk club** challenge. We hope this project will help your school to promote healthier lifestyles

while teaching your students how our transportation choices affect our world, our environment and our health. We do hope you will share your **iwalk club** adventures with us – we would like to create a 'scrap book' of school activities for our web site. Please send us your evaluation forms along with photos, examples of classroom activities, and your success stories.

If you have any questions about **the iwalk club** you can contact us at info@saferoutestoschool.ca, (416) 488-7263 or toll free at 1-877-533-4098.



active travel is any form of transportation that is human-powered, like walking, bicycling, canoeing, kayaking, cross-country skiing, etc.

The iwalk club – ‘Hands-Up’ Student Survey



Teachers – Would you please do a quick tally of your students to see how they arrived at school this morning? Note: if more than one mode of transport is used, what was the MAIN mode.

Teacher: _____

Grade: _____

- ✓ Total number of students in your class today _____
- ✓ How did the students travel to school today?
 - ✓ Walk (includes ‘walk a block’) _____
 - ✓ Bicycle _____
 - ✓ School Bus _____
 - ✓ Car _____
 - ✓ Transit _____
 - ✓ Other _____
- ✓ How many students live within walking distance of the school? _____
(if the actual number is unknown, an estimate can be used).

Date of Survey: _____

Weather conditions on the day of survey: _____

The iwalk club – School Tally Sheet for ‘Hands-Up’ Class Surveys



Complete one sheet each time your school does a ‘hands-up’ class survey.

Date of Survey: _____ Weather: _____

Total Attendance for School on day of ‘Hands-Up’ Class Surveys

JK	SK	Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6	Gr.7	Gr.8

Mode of Travel to School – Totals for School by Grade:

Grade	Walk	Bicycle	School Bus	Car	Transit	Other
JK						
SK						
Gr.1						
Gr.2						
Gr.3						
Gr.4						
Gr.5						
Gr.6						
Gr.7						
Gr.8						

Total number of students in school who live within walking distance: _____
(or your best estimate).

YOUR SCHOOL COULD BE AN **iwalk club** WINNER



Green Communities is offering three grand prizes, to be drawn in a random draw in June 2005. In order for your school to qualify for the prizes we need you to complete this evaluation on our web site, or fax to us, by May 31, 2005:

General Information:

Name of your school: _____

School Principal: _____

School District: _____

School Address: _____

School Address 2: _____

City/Town: _____ Postal Code: _____

School Phone: _____ School Fax: _____

School email: _____

Contact person if not the Principal: _____

Position at school: _____

Contact email, if different from above: _____

Contact phone, if different from above: _____

Number of students enrolled in school: _____

Grade levels in school: _____

Participation Information:

Did your entire school participate in **the iwalk club** YES NO

If NO, how many classes or grades participated in **the iwalk club** (please be very specific):

Did you conduct 'hands-up' surveys during the school year: YES NO

If YES can you send us the results please?

How many students completed their **iwalk club** cards (5 'golden sneaker' stickers = 50 walks):

Did any students complete more than one **iwalk club** card? If so, how many? _____

Did your school designate a 'walk a block' zone? YES NO

If YES, how many blocks from the school: _____

If your school organized related in-school activities, like a kilometer club, as a way to involve bused students or others who could not walk to school, what were they (please provide as much detail as possible):

Did your school track the following **iwalk club** details:

✓ Number of students who walked to school YES (# _____) NO

✓ Number of students who participated in related in-school activities YES (# _____) NO

What other types of activities did your school implement as part of **the iwalk club**:



If your school 'walked around the world' how far did you get? How many countries did you visit? Please provide as much detail as possible:

How useful did you find **the iwalk club** resources: _____

Did you use the **www.saferoutestoschool.ca** web site at all? YES NO

If YES, was it helpful to you? _____

Did your school hold any media events or other types of celebrations during the school year?

YES NO

If YES, please list them here:

Approximately how many hours did you spend organizing **the iwalk club**?

- ✓ Parent time _____
- ✓ Teacher time _____
- ✓ Student time _____
- ✓ Principal/Vice Principal time _____
- ✓ School Office time _____
- ✓ Caretaker time _____

Did you receive contributions from local businesses or other local organizations (public health, police, city, YMCA/YWCA, etc.) for **the iwalk club**

YES NO

If YES, please list them here:

THANK YOU for completing this **iwalk club** evaluation form. You can fax it to us at (416) 488-2296 or complete the online version on our web site at **www.saferoutestoschool.ca**.