



# WALK & ROLL DAY RESOURCE PACKET

**Walk & Roll Day encourages students to choose active travel for the day.**

Hawai'i Department of Education (HIDOE) encourages students and staff to walk and/or bike to school if reasonably safe to do so (Wellness Guidelines, PA4). Walking and biking are healthy, fun, and environmentally-friendly alternatives to driving. They provide numerous benefits to children's physical, emotional, and cognitive development.

## ✓ Why host a Walk & Roll Day at your School?

Walk & Roll Day can educate students on the benefits of active travel, support 'ohana who choose active travel, and promote active travel as a viable option to get to school. It can also reduce tardiness, build a sense of community, and encourage school participation.

## ✓ Who is involved?

A Walk and Roll Day should aim to engage all school community members, including keiki, 'ohana, teachers, staff, and administrators. Reach out to the broader community, including local government, law enforcement, and community organizations to create a safer environment for the keiki and 'ohana.

## ✓ When is Walk & Roll Day?

National Walk & Roll months are May and October. Pick a date in the month that works best for your school! You can also expand to other months as well.

## ✓ Where does Walk & Roll Day take place?

Students and 'ohana walk and roll from their neighborhoods to the school. You can create a Walking School Bus by designating a meeting location and route for students to gather and walk together. A greeting table at the school can welcome students as they arrive.

## ✓ Safety

Identify potential safety concerns and develop strategy to mitigate/negate. This can include difficult crossings,



# HOW TO PLAN YOUR WALK & ROLL DAY



## Develop Principal Support & Community Buy-In

1. Engage with school administration such as Principal, PTA president, parent liaison, PE teacher, and other teachers.
2. Promote walking and biking at school events to build interest.
3. Recruit volunteers (staff & parents) interested in planning this day.



## Plan Event

1. Choose a Day: October & May have National Walk and Bike to School Days, but pick a day that works best for your school/community.
2. What will it involve? Decide what you want to do. At the simplest, promote the benefits of walking and rolling to school, and encourage students and families (plus staff and community members) to walk or roll to school on this special day. Want to do more? Consider offering awards, incentives, and giveaways; collect data on the number of students walking/rolling; organize and inform the community regarding safe routes; utilize photovoice to document students' and families' experiences; organize walking school bus/bicycle trains or satellite/remote drop-offs. If safe active travel to school is not possible around your school, consider a walk & roll AT school event. Conduct a walk audit before, during, or after the Walk & Roll to School event.







# HOW TO PLAN YOUR WALK & ROLL DAY



1. Define a goal for your Walk & Roll to School Day event.
2. Evaluation: Tally walkers/rollers before the event and after the event. Use those numbers to demonstrate percentage.
3. You may consider contacting the police department to see if they have officers or if they can train volunteers.
4. Inclusion: Encourage and support participation of all students, families, and faculty to participate, regardless of age or ability.
5. Supplies: Determine what supplies are needed and how you will obtain supplies.
6. Consider having a theme. What motivates the community? What is important to your community?
7. Volunteers: Identify what is needed to support volunteers' safety and comfort.
8. Register event at [www.walkbiketoschool.org](http://www.walkbiketoschool.org).





## Promote Event

1. Think about who to invite: Families & students, staff & administration, partners & supporters (volunteers, businesses, community leaders), elected officials, media, PD?
2. Flyers, posters, banners.
3. Ask if event can be included in school's newsletter if available.
4. Social Media (Can promote via school's media accounts if permitted).
5. Class project (benefits of walking/rolling, calculate participation, etc); class or grade level competition?
6. Don't forget about safety - <https://walkbiketoschool.org/plan/how-to-plan/safety-first/>



## Coordinate Event Day

1. Welcome Table
2. Bike/Scooter locking station (i.e., bike racks or chain link fences)
3. Incentives for participants
4. Recognize local officials and leaders
5. Pictures/video for future promotional materials
6. Gather data: Tally
  - a. Top 10 List: Ways they got their parent to walk, bike and roll to school with them, reasons to walk and roll to school; Top 10 things that need improvement to make walking and rolling to school easier and safer







## Post-event: Evaluate, learn, and grow

1. Review goals.
2. Survey volunteers, students, families, staff, etc.
3. Evaluate: what went well, what can be improved?



## FAQ

1. Funding - Identify sources and procure funding as needed.
2. Liability - If liability is a concern, you can consider using the field trip waiver, or create another waiver of your own.

ALOHA



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# WHY WALK & ROLL TO SCHOOL?



**Principal Support/Buy-In**



**Plan**



**Promote (Include all the pre-made flyers)**



**Event Day**



**Post-event: Evaluate, learn and grow**



**FAQ**



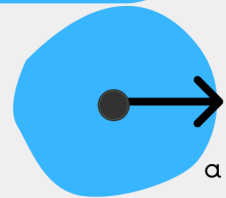
**May and October  
are  
Walk & Roll  
Months**



**Host a Walk & Roll Day  
at your school!**

Click QR Code and fill out  
the outreach form  
to get resources.

We are here to  
support you  
along the way!



**Did you  
know?**

1 mile radius  
around the school  
is called the  
"Walk Zone."

