



WHY WALK & ROLL TO SCHOOL?

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.



Improved Physical Health

The Centers for Disease Control and Prevention and the World Health Organization recommends students to engage in 60 minutes or more of moderate-to-vigorous physical activity every day. HIDOE encourages students to be physically active throughout the school day. Exercise helps children build strong bones, improve cardiovascular health, and maintain a healthy weight. By walking or biking to school, children are better able to achieve the recommended daily physical activity that is essential for their overall health and create a healthy habit that influences their adult lives.



Better Academic Performance

Walking or biking to school can help improve academic performance. Studies have shown that physical activity helps children concentrate better, learn more effectively, and have better memory retention. By walking or biking to school, children can start their day with a clear and focused mind.



Greater Independence and Responsibility

Walking or biking to school can help develop a child's sense of independence and responsibility. They learn to navigate their neighborhood, interact with peers, and practice important skills such as safely crossing the road.



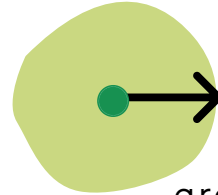
Reduced Traffic Congestion and Air Pollution

Driving to school contributes to traffic congestion and air pollution, which negatively impacts the environment and our health. Walking or biking reduces the number of cars on the road, which improves air quality and reduces greenhouse gas emissions.



Enhanced Social Connections

Walking or biking allows children to interact with their peers and get to know their neighbors, fostering a sense of community and social connection. This can have a positive impact on their social skills, self-confidence, and overall well-being.



Did you know?

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



Increased Happiness and Emotional Well-being

Physical activity releases endorphins, which improve mood and reduce stress and anxiety. Walking or biking to school can help children start their day feeling happy, energized, and ready to learn.



Saves Money

Walking or biking to school can save parents money on transportation costs such as gas, car maintenance, or bus, especially if there are multiple children attending different schools.



Encouraging children to walk or bike to school is an effective way to promote healthy habits and support a sustainable future. As educators and parents, we have a responsibility to ensure that our children are safe, healthy, and happy. Let's encourage them to take the first step towards a brighter future by celebrating the benefits of walking or biking to school.

Walking and biking is safer when done together with others. There are many ways to get a walk or bike group started.

Host a Walk & Roll Day at your school!

Click QR code and fill out the outreach form to get resources to host a Walk & Roll Day. We are here to support you!



May and October are Walk & Roll Months

