

# Walk to School 2018

Walk, ride or scoot and build healthy habits for life.



## Decorating shoes, bike or scooter for Walk to School

### Schools FAQs

#### **Q: Why are kids being asked to decorate their shoes, bikes or scooters?**

This year, we're combining creativity with physical activity and encouraging kids to put their best foot forward by decorating their shoes, bikes or scooters to make Walk to School even more fun.

Getting involved in Walk to School extends beyond adding paint or pipe cleaners to shoes. It's about teaching kids that getting active can be fun and to help them build healthy habits for life.

#### **Q: How can my school get involved with decorating shoes, bikes and scooters?**

The Walk to School coordinator will facilitate your schools' involvement with decorating shoes, bikes and/or scooters for Walk to School. The coordinator will determine the appropriate activities and will seek approval from your school principal.

Based on your Principal's decision, students will then be asked to:

- Wear decorated casual shoes for the entire Walk to School Month
- Wear decorated casual shoes for one day of each week
- Wear decorated casual shoes for one day of the month
- Wear removable decorations on their shoes, bikes or scooters to and from school, but change into their school shoes during class time.

VicHealth has created a teacher booklet which includes design templates, lesson plans and student worksheets, which you can download from your [school portal](#).

#### **Q: How do I inform our parents and carers?**

Based on your school's decision, parents and carers will need to be informed about how they can help their kids to get involved. Let them know there are many ways including:

- Bringing an old pair of shoes to decorate
- Buying a new pair of shoes to decorate, some stores carry basic trainers for approximately \$3.50 each
- Creating removable decorations to add to their shoes, bike or scooter
- Participating by walking, riding or scooting to and from school.

There are newsletter and email templates available in the teacher booklet to inform parents and carers with key information, which you can download from your [school portal](#).

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## **Q: How do kids decorate their shoes, bike or scooter?**

Once the school, parent and carers have determined how they want to be involved they can help students to:

- Decorate an old pair of shoes
- Buy a new pair of shoes to decorate, some stores carry basic trainers for approximately \$3.50 each
- Create removable decorations to add to their shoes, bike or scooter
- Or participate by walking, riding or scooting to and from school only.

If a school, parent or carer does not want to be involved, their kids can still take part in Walk to School and learn about the benefits of active travel.

## **Q: My students can't permanently decorate their shoes, how can we be involved?**

If your school has a uniform policy or if parents and carers don't want their kids to permanently decorate their shoes, bikes and scooters, we have some great design ideas on our website that can be easily removed, like pipe cleaners, ribbons and shoelaces.

Decorating shoes, bikes and scooters is not compulsory and your school can win amazing prizes by encouraging students to record and log their active travel to and from school.

## **Q: What if a parent or carer does not wish to participate in this activity?**

If a parent or carer does not want their child to be involved in decorating their shoes, that's ok! They can still take part in the lesson by drawing their creative designs on paper.

## **Q: Where can I get ideas on how to incorporate Walk to School into the classroom?**

This year we've made it really easy for teachers to incorporate Walk to School into their classes. The [Walk to School website](#) has a teacher handbook featuring lesson plans, shoe design templates and fun facts about walking to school to get you started.

## **Q: What do I need in the classroom to support Walk to School?**

Based on your Principal's and parents'/carers' choice, collect art supplies suitable to the Walk to School activity you decide to run. We have provided example lesson plans in the teacher booklet, which you can download from your school portal.

If your class is unable to decorate their shoes, bikes or scooters you can still use our suggested lesson plans to promote active travel. Make sure you also order our free teaching materials including the classroom calendar to record and log your students' distance travelled.

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## Parents and Carers FAQs

### Q: Why are kids being asked to decorate their shoes, bikes or scooters?

This year, we're combining creativity with physical activity and encouraging kids to put their best foot forward by decorating their shoes, bikes or scooters to make Walk to School even more fun.

Getting involved in Walk to School extends beyond adding paint or pipe cleaners to shoes. It's about teaching kids that getting active can be fun and to help them build healthy habits for life.

There are some fantastic prizes on offer for kids with the most creative shoe designs. To be in the running, send photos of your child's efforts to [walktoschool@vichealth.vic.gov.au](mailto:walktoschool@vichealth.vic.gov.au) or share on social media with the hashtag #walktoschool.

### Q: What if my school isn't participating in Walk to School?

If your school hasn't signed up, you can [register your child](#) as an individual. We also have online resources including design templates and inspiration to help you decorate your child's shoes, bike or scooter.

If you're keen for your school to be involved talk to your child's teacher or principal. Registering for Walk to School is free and participating schools receive a range of resources to help them deliver the program. Schools with the highest participation levels in each region will also win some fantastic prizes!

### Q: How do kids decorate shoes, bikes and scooters?

There are a variety of free templates and design [examples available](#) that show easy and fun ways for kids to decorate their shoes, bikes or scooters. You can decorate your kid's shoes with colours, shapes or decorations that represent your family. Decorating shoes, bikes or scooters is a great opportunity to spend time together as a family and to just how much fun it can be to walk, ride or scoot to and from school!

### Q: I don't want to ruin my kid's shoes but I don't want my kid to feel left out!

If you don't want to commit to any permanent shoe decorations, don't worry we have some great ideas on our website to deck out your kid's shoes, bike or scooter that can be easily removed, like pipe cleaners, ribbons and shoelaces.

### Q: What if my school has a uniform policy?

If your school has a uniform policy, it is important to check how your school will be participating in the Walk to School program. There are many ways you can be involved

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without permanently decorating shoes, including creating removable decorations or logging your walks and learning about the benefits of active travel.

## **Q: How can my kids win prizes?**

There are some amazing prizes on offer for kids with the most creatively decorated shoe, bike or scooters. Simply share your kids' designs by sending videos or photos to [walktoschool@vichealth.vic.gov.au](mailto:walktoschool@vichealth.vic.gov.au) or share on our Facebook page – make sure you hashtag #walktoschool for your chance to win!

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