



Park and Stride School Guide



greater WELLINGTON
REGIONAL COUNCIL
Te Pane Matua Taiao

Walk Zone

A 5 minute Walk Zone is another way to encourage families to 'Park and Stride'. Create a map to show the chosen Walk Zone. You might like to have more than one zone showing 5, 10 and 15 minute walking distances. Use the Walk Zone Map Activity on page five to create your map.



Resource Links

Active Travel Action

www.gw.govt.nz/ata

Enviroschools

www.enviroschools.org.nz/in_your_region/wellington

Local Councils

www.movinmarch.com/contacts

What is Park and Stride?

Park and Stride encourages parents to drop their children further away from school so they can walk part way.

A Park and Stride scheme can reduce congestion issues around the school and provide an opportunity for:

- Extra exercise for children
- Socialisation with other families
- Learning important road safety skills
- Students who live too far to participate in Walk or Wheel

Set up a Park and Stride scheme by developing designated drop-off points, Walking Pou and/or a Walk Zone.

Drop-Off Points

Empty carparks near the school which are on a safe walking route make ideal drop-off points.

Options could include church carparks, sports grounds, and club carparks. Ask permission to use the carparks if necessary. Or you can choose drop-off points outside a neighbour's house with their permission.

Map where your students live in order to choose the best drop-off Point that is on their way to school. Use the Class/School Mapping Activity on page 5. This activity can also be useful for planning other initiatives like Walking School Bus routes.

Walking Pou

Walking Pou are a great way to mark your chosen drop-off points.

The idea of a Walking Pou is based on a Māori concept Pouwhenua (land post), marking places of significance. Pou whenua tell a story. They acknowledge the association between the people (**tāngata**) and the land (**whenua**). Specifically, they reflect the relationship between the ancestors, environment, and the reputation or standing of the **tāngata whenua**. The idea is that the Walking Pou will outlive the children going to that school and last for generations to come.

Here are some tips for creating a Walking Pou:

- Refer to page six in the Introduction section of the [Active Travel Action Resource](#) and LER 54 in Section Six on page 147.
- Involve manawhenua as you begin the walking pou idea. Your local [Enviroschools facilitator](#) can help your school make this connection.
- Consider how the school community is reflected in the decoration of the pou, referring a school to the Active travel Action resource would encourage them to engage with manawhenua who might share their knowledge / tikanga through this process.
- Invite [Enviroschools facilitator](#), [local council representative](#) and manawhenua to the opening of the pou, perhaps they would consider attending and being a part of the ceremony.

Promotion

To be successful, it's important to communicate details of your Park and Stride scheme to your parent community. Send a letter home along with the Walk Zone Map (if you are using one) and include information in the school newsletter, on your website and school notice board.

Students could also design promotional posters to put up in class windows and the school entrance.

Launch your promotion by holding an event day. Thank parents and students for participating by providing small prizes and tea and coffee for parents.

See page 6 for the parent letter template or download from:

www.movinmarch.com/toolkit

More Initiatives

Give Park and Stride a boost by introducing other initiatives like the Walk or Wheel (WOW) Challenge, Super Safe Strider and Parent Pledge. See the full Schools' Toolkit for more details:

www.movinmarch.com/toolkit



Masterton Primary School Walking Pou

Koraunui School's Pou, Stokes Valley

Koraunui School set up drop-off points to encourage independence and exercise.

The drop-off points are marked with brightly painted pou (markers) and are set 100-200m from the school gate.

Principal Barbara Hay says the pou allow students to get a little bit of exercise and fresh air before school and gain some independence and self-reliance. Barbara says they are trying to remind parents that they don't have to deliver their children right to the school gate.

An added spin-off is less cars outside the school gate, creating a safer environment for students walking, cycling and scootering to school. Barbara says the pou also encourages students to get to school on time so they don't miss out on their sticker!

Barbara developed a ticket system for children who use the pou. Designated students are on duty at the pou each morning and afternoon. They are like Road Patrollers, but are assigned to pou duty. They wear a fluoro vest, and give a sticker to each child who is dropped at the pou. The children each have a chart in their rooms and they put the sticker on each time they collect one, and when they fill the chart they receive a small reward.

Barbara says the affected neighbours have been very supportive and agreed to have the pou installed outside their house.

The Hutt City Council funded the pou and delivered them to the school for painting and decorating. Once the painting was complete, Hutt City contractors installed the pou.



Masterton Primary School makes great (Park and) Strides

Masterton Primary saw Movin’March as a chance to trial a new way of encouraging parents to allow their children to be active on their way to school.

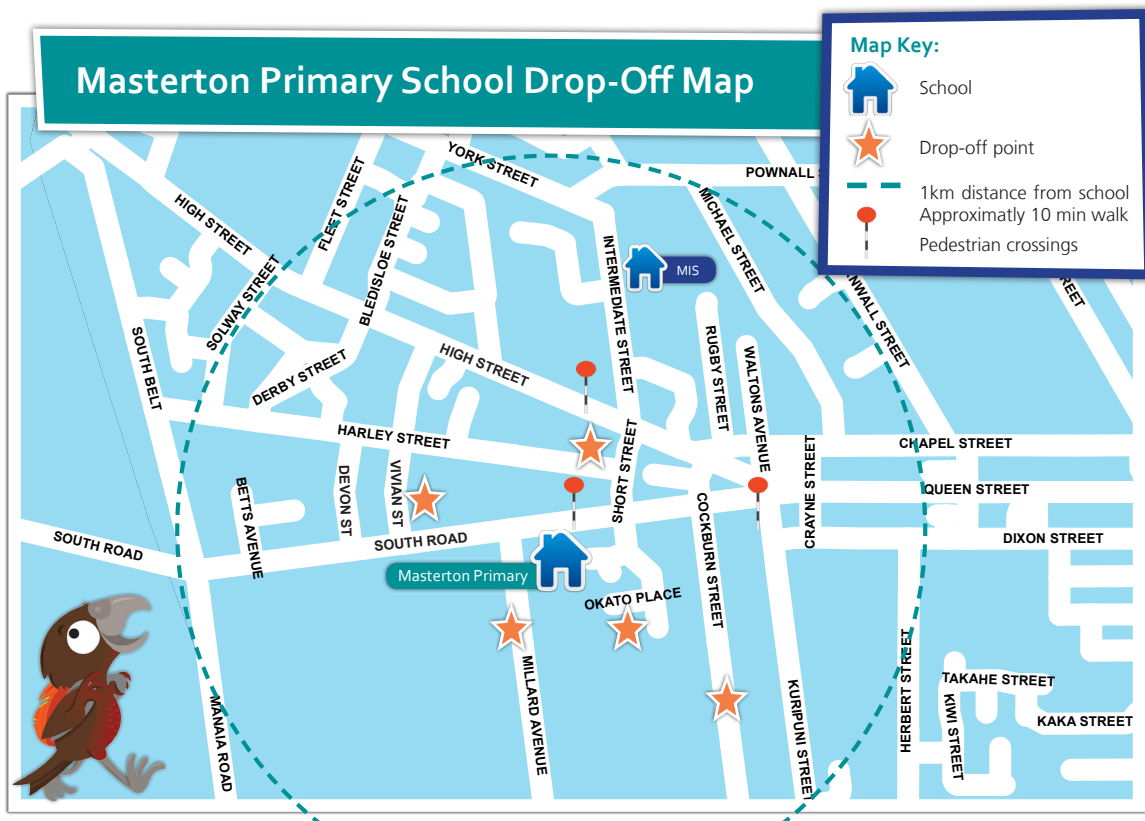
The students, with support from their local school travel plan coordinator and teacher, identified three Park and Stride locations within a kilometre of the school.

The Park and Strides proved so popular that after two months the school decided to make them permanent. An important brief in the development of permanent Park and Stride points for MPS was giving the points an identity which reflected positively on the school in the wider community.

The school was aware of another scheme afoot at the time, an initiative to improve signage at the entrances to the Masterton town centre. 3D creative were commissioned for that task, and came up with markers (Pou) that welcome people and inspire journeys through the town. So with the help of Wellington-based artist Sian Torrington, MPS developed their own style of Pou, Park and Stride markers to inspire safe and sustainable journeys to school!

The school says the Park and Stride Pou development is a good fit with MPS’s Enviroschool philosophy. The senior school focus at the time was safe and sustainable travel to school, with particular emphasis on connecting to the wider community.

Staff and parents from Manaia Kindergarten, based at MPS, are big fans of Movin’March activities. As future students of MPS, the kindy kids also benefit from the Park and Stride facility by walking, scooting and cycling the recommended routes to school.



Walk Zone Map Activity

1. Recruit 20 students who regularly walk home from school.
2. Distribute a permission form - see appendix on page 7 or download a template from www.movinmarch.com/toolkit
3. Give each student an A4 map and ask them to mark the place they reached after walking 5, 10 and 15 minutes from the school gate.
4. Each morning for a week, students plot their locations onto a large map.
5. If you find big gaps, ask the students to alter their walk home to cover those areas (depending on parent permission).
6. Once you have got a 5, 10 and 15 minutes radius, mark them on an A4 map and distribute to your families.

Google Maps

You can also use Google Maps to create a digital Walk Zone map or to mark your drop-off points or Walking Pou.

www.google.com/mymaps

Source: Auckland Transport

Class/School Mapping Activity

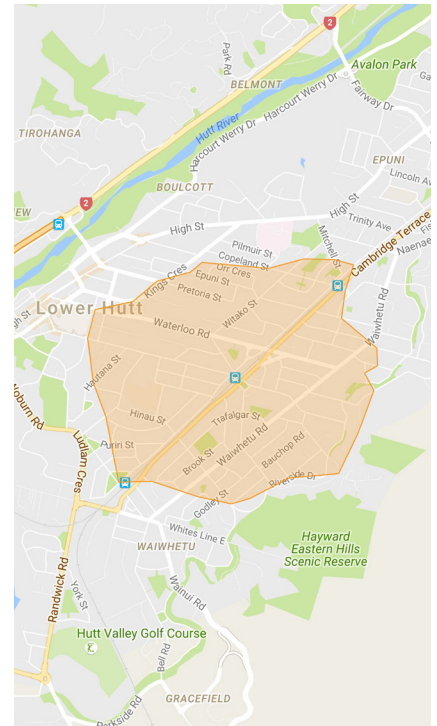
A whole class or school map will show how far your students live from school, where they travel from and where Park & Stride points could be located.

You can create a simple whole class or school map with BatchGeo software. Ask your school office for the list of student addresses. Copy and paste these into the online software.

Go to www.batchgeo.com and follow these steps:

1. Make sure your address data is separated by columns like in an excel spreadsheet or with commas. Example: 109 Bentley Street, Masterton, 5810.
Postcodes give greater accuracy but are not essential.
2. Copy and paste your class/school addresses into the box provided.
3. Click on the “Map Now” button.
4. Click “Save and Continue” under map and fill in details.
5. Please ensure that the “unlisted” option is checked, otherwise the map will be made public. Then click on “Save Map” button.
6. A link to your map will be sent to your email address.

Source: Walk to School, Living Streets, UK



Google Maps example



Batchgeo example

Appendix

Park & Stride Parent Letter/Newsletter Text

Dear Parents/Guardian,

As you may be aware, the school is working very hard to try and reduce congestion at the school gates. It is hoped that by doing this, the school gates will be a safer place, thus encouraging more parents/carers to walk their children to school.

One way in which we are hoping to do this is by setting up a “Park and Stride” scheme. This is a simple initiative, where parents/ carers are encouraged to park their car a 10 minute walk from school and then walk the rest of the way.

We appreciate, however, that some children are unable to walk to school either due to parental work commitments, distance or a variety of other reasons. This is why we are creating a ‘Park and Stride’ drop off point – somewhere where you can park your car and walk the last part of the journey to school. This should allow more children to take part in Walk or Wheel, by providing children who have to be driven to school with the opportunity to walk part of their school journey.

We are therefore asking parents/ carers to park (enter name of designated location here) and walk the rest of the way to school. If for some reason this is not a suitable parking place we would encourage you to park outside the Walking Zone highlighted below:

[Add a map of your school circling the area within a ten minute walk of your school.]

If you have any queries regarding the Park and Stride drop off point, please don’t hesitate to come in and talk to (enter the name of the school champion)

Thank you for your continuing support

Name of Head Teacher

Source: Walk to School, Living Streets UK, www.walktoschool.org.uk

Appendix

Activity to measure a “15-minute Walk” from School: Permission Form

Dear Parent/Guardian,

As part of the Travel Plan programme efforts, we are trying to make the walk to school safer and more pleasant. One of the planned activities is to generate a map showing preferred walking routes that are less than a 15-minute walk to and from school.

We hope to reduce traffic congestion around the school by promoting these walking routes to parents who drive their children from afar. These walking routes will offer students who cannot otherwise walk or cycle to school an option for a 15-minute walk twice a day.

With your permission, your child will participate in an activity to generate a map of these preferred walking routes. She or he will be asked to keep track of how far they walk from the school gate after 5-, 10-, and 15-minutes. They will be asked to do this from Monday to Thursday afternoon and plot their information a map of the time-radiuses the following morning.

In order to improve the accuracy of this map, she or he may be asked to walk a slightly different route each day if it is safe to do so. If you or your child identifies any route that concerns you, please have them continue with their existing route to and from school. Also, please consider listing these safety concerns on your child’s map so that we can identify these locations where students do not feel safe to walk.

If you consent to your child to participate, please complete and sign the permission slip by tomorrow morning.

Many thanks for your support.

Lead Teacher/Staff Person

I give/do not give permission for _____ of Room _____ to participate in the “15-minute walk from school” activity.

Signed _____

Source: Auckland Transport, www.aucklandtransport.govt.nz