

## Ideas for Rural Schools to Meet PE/PA Criteria #307

**[School district] will encourage active transportation to and from school by engaging in six or more of the following activities:**

**1**

**Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week. Hold an event near or on school grounds.**

**Ways to Participate in Walk or Bike to School Day:**

There are many different ways to show students, families and communities that walking or bicycling is a fun and feasible way to travel.

- **Designated starting points.** Great for: Families who live too far to walk or bicycle, families with limited routes for walking and bicycling, bus riders and children with disabilities. How it's done: Identify one or more locations where students and their families will gather to walk or bike to school together or where families can park and make their way to school when they're ready. Have a parade, park and walk or ride and stride...the sky's the limit!
- **Walk or bike AT school.** Great for: Families who live too far to walk or bicycle, families with limited routes for walking and bicycling, bus riders, children with disabilities and times when few parents can participate. How it's done: Walk at school during an assembly, recess or as part of a class activity. Sometimes student aftercare providers will get involved by walking or bicycling from school to the after-school facility. These events can foster a lifelong appreciation for walking and bicycling and develop important safety skills. They're also the easiest way to include every student.

**2**

**Instruction on walking/bicycling safety provided to students**

Instruction can be taught by classroom teachers, PE or health teacher, community organization (health department, fire department, police department, etc.).

**3**

**Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper**

Promote walking and biking. It doesn't have to be done to and from school. Provide information about walking trails, parks, etc. where walking and biking is safe.

**4**

**Crossing guards**

Older students are trained as "crossing guards" and assist staff in the bus loop and at parent pick up

5

**Crosswalks on streets leading to schools**

Designated crosswalks are in the bus loop and parent pick up

6

**Walking school buses**

Hold a walking school bus on school grounds. Students can be in groups around the school where adults will “pick them up” at stops and then continue on to the next group until all children have “walked” to school. (A walking bus is a form of student transport for schoolchildren who, chaperoned by two adults (a “Driver” leads and a “conductor” follows), walk to school, in much the same way a school bus would drive them to school. Like a traditional bus, walking buses have a fixed route with designated “bus stops” and “pick up times” in which they pick up children.)

7

**Documentation of number of children walking and or biking to and from school**

This can be done as a challenge. Challenge students to walk/bike a certain number of minutes/miles/steps at school, at home, in their neighborhood or on the weekends.

8

**Creation and distribution of maps of school environment (sidewalks, crosswalks, roads, pathways, bike racks, etc.)**

Rural schools can alter this item by providing families with places/maps of safe walking/ biking areas in the community even if they are not close to school.



## SAFE ROUTES TO SCHOOL SUCCESS STORIES

[Safe Routes to School in Rural \(Yes, Rural\) New Jersey](#)

[Getting Creative with Safe Routes to School in Rural Communities](#)

## RESOURCES

[Fire Up Your Feet](#) – Developed by SRTS, PTA and Kaiser—Used by SRTS programs for resources and tools. Plus has a healthy fundraising piece for schools

The Walking School Bus: Combining Safety & Fun

[SRTS Classroom Resources](#)

[SRTS Searchable Program Tools and Schools' Success Stories](#)

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