

# Help your school win up to £1000 worth of computer equipment

## Walk On Wednesdays 2002

## Starts Wednesday May 1st

Does your school have School Gate Chaos?  
Would you like to see a reduction in the  
number of cars that come to your school?  
Would you like to help improve the safety,  
environment and health of your school?

### What is Walk on Wednesdays?

Walk on Wednesdays is a campaign for Devon schools sponsored by Devon TravelWise and supported by Devon County Council's Wizard Ways to Get to School programme. It aims to encourage children of all ages to try and walk to school at least every Wednesday during May 2002 where possible.

Hopefully this will encourage more walking in the future too.

### What support do schools get?

Advice about safe routes, funding for setting up a walking bus, posters, stickers, educational materials, organised events and publicity.

**For advice and resources call the Road Safety HELPLINE on 01392 382590**

The campaign culminates with the National Walk to School Week between May 20th - 24th when children across the UK will be walking and celebrating the benefits of doing so for their health and the environment.



### Competition

This year Devon Travelwise are offering schools the chance to win £1000 worth of computer equipment. Schools will be entered into a draw when they show at least a 10% increase in walking as a result of the Walk on Wednesdays campaign. Why not join in the fun and rise to the challenge if you are not walking to school already? If you live a long way away try Park and Walk. Drive to a safe spot and walk the rest of the journey.

**Join in with Walk on Wednesdays and enjoy the healthiest way to travel!**

You can see more details and do an on-line survey with your pupils on these web-sites:

[www.youngtransnet.org.uk/devon](http://www.youngtransnet.org.uk/devon)  
[www.walktoschool.org.uk](http://www.walktoschool.org.uk)

The websites include games and activities and information and ideas to support Walk to School.



DEVON COUNTY COUNCIL  
**TRAVELWISE**

## Did You Know?

- Did you know children who walk to school are more alert and ready to learn?
- Did you know walking to school can be sociable and fun?
- Did you know walking for 30 minutes every day meets national targets for recommended daily exercise levels and can make you and your children feel healthier and help to prevent heart disease?
- Did you know it is very important for children to build up bone strength by walking? This will help prevent osteoporosis in later life.
- Did you know children who walk every day are less likely to be obese or overweight later in life?

## Photo Competition!! Win £100 of sports equipment with Wizard Ways to Get to School!

Devon TravelWise and Devon County Council's Wizard Ways to Get to School programme are sponsoring Walk on Wednesdays. See above for details...

In order to make Walk on Wednesdays go with a bang we would like you and your children to think of some MAGICAL, imaginative and eye-catching ways to walk to school to show others what you are doing and to seek attention for the campaign.

Simply take a photograph of your **wizard ways of walking to school** idea and send it to the address below. Make sure your ideas are SAFE, fun and eye-catching and as magical as possible - transform the school run into a fantastic, fun, fitness experience! The photo judged the best wins a £100 voucher for sports equipment.

You could dress as magical characters or creatures, use magical forms of transport (as long as you are not using the car!). How about adapting a skate board? You could walk with your own children or travel together with as many people as possible to make a real impact. Whatever it is, have fun and good luck with winning that prize! We are really looking forward to receiving your entries.

Send them to:

**Alison McGregor** , School Travel Plan Co-ordinator  
Devon County Council, Lucombe House, County Hall,  
Topsham Road, Exeter EX2 4QD

Phone: 01392 383004      [amcgrego@devon.gov.uk](mailto:amcgrego@devon.gov.uk)

