

Kia Tū, Kia Hīkoi Park and Stride



School Resource
Guide
Year: 4-8

A guide for schools

What teachers need to know

This is for teachers or other school staff who want guidance on how to set up a Park and Stride initiative at their school. It aims to reduce chaos, improve road safety, and encourage active travel (walking or wheeling to school). The need for a Park and Stride may be due to congestion or road safety issues.

Explore how a Park and Stride connects with other student leadership projects such as establishing a [Walking School Bus](#) or [Walking Pou](#). These resources can work together to guide discussions around climate change in the classroom.

Supporting resources

- Park and Stride Infographic
- Letter to whānau
- Letter to car park owner

Download these resources on the [Kia Tū, Kia Hīkoi \(Park and Stride\)](#) page.

NZ Curriculum Achievement Objectives

See the NZ Curriculum [Achievement Objectives](#) resource for Māehe Manawa Ora (Movin' March). These could be useful for your planning.



What is Park and Stride?

Park and Stride is ideal for families who live too far away to walk or wheel all the way to school. Parents or whānau can park 5-10 mins away from the school gate. Tamariki can walk or wheel the rest of the way independently, or with parents/caregivers depending on their need and ability.

Using a Park and Stride means tamariki still get the benefits of active travel and avoid the congestion or safety issues around the school gate.

It can be combined with a [Walking School Bus](#) or [Walking Pou](#) to further reduce congestion and chaos during commute times in a school's neighbourhood.



Why Park and Stride?

- It's a great way to encourage whānau and tamariki to add some physical exercise to their day.
- A chance to connect with their neighbourhood and each other.
- Helps reduce congestion, chaos, and air pollution around the school gate.
- Parents/caregivers get the chance to share road safety tips with children and encourage independence and good decision making.
- Time is spent walking and talking, rather than sitting in a car looking for car parks.



What makes a good location?

Park and Stride may work best in busier urban areas rather than on rural high-speed roads. Use car parks that are typically quiet at school drop-off and pick-up times such as:

- Churches
- Sports grounds
- Community parks
- Quiet streets

Consider the safety of the route to school from the Park and Stride area. Talk to your local School Community Officer (Police Road Safety) or [local council's](#) Road Safety or School Travel Planner for ideas on walking the route with senior students, independently or with adults (see page 4).

Walking Pou and Park and Stride

A **Walking Pou** is based on a Māori concept of pouwhenua (land post). They mark a place of significance that connect people with place. Pou can strengthen a sense of belonging to neighbourhoods through artwork and story. Walking pou ideally have longevity. They will be there for tamariki going to school now, as well as future generations.

Often Pou are away from the school gate. They can be in places where whānau park away from the chaos of entrances. Sometimes Pou mark meeting points for a Walking School Bus route or a Park and Stride area to park. Walking Pou are often great places to begin or end a journey.



Walking School Buses and Park and Stride



A **Walking School Bus** is when tamariki and adults (often a parent) walk along a set route on a set day to get to school. The “bus” picks up children (passengers) along the way. Walking School Buses can run on days volunteers are available and don’t have to be every day.

Walking School Buses might share a route with a Park and Stride initiative close to a school.

How to set up a Park and Stride

1. Introduce Park and Stride

Introduce the idea to parents, whānau and tamariki through regular items in school pānui, newsletters, websites or Facebook pages. Encourage interested parents to come forward as champions.

2. Explore safe routes

Identify any routes people already use and any suitable Park and Stride areas. Use a short survey to the school community or as an enquiry with tamariki in class. Check the safety of the route before finalising it. Ask your Police School Community Officer or Road Safety Coordinator at your [local council](#) to help.

3. Identify location and get permission


Look for local car parks that are close to your school. Consider car parks that may be less busy during school hours, eg sports clubs, churches, town hall or quieter streets nearby. Find out if you need permission to use the location, eg contact owner or manager. If necessary, send a letter seeking permission from local car park owners. Refer to [Letter to car park owner](#).

4. Create a map

Identify where to park and where not to park. Show the Park and Stride routes and give an indication of how long the walk would take. Teachers can refer to the Map my Journey classroom resource. Check whether your council can help with creating a map. Display the map at school where everyone can see it. For example, in the library or at reception. Share it widely through your school pānui, newsletters, school website or Facebook.

5. Promote

- Send a letter to parents to explain the Park and Stride initiative and include a map. See [Letter to whānau](#).
- Print or digitise the information in the school office so people can see this when they arrive.
- Provide maps in new entrants packs.
- Provide incentives to kick-start use of the Park and Stride initiative. Or reward tamariki for regular use of these at the end of term. Encourage a classroom, syndicate or whole-school competition to record the most trips over a week. Offer a special privilege to the winning class.
- Encourage tamariki to design a poster, banner, poem, or song that can be shared via your school's communication channels. Or get tamariki to create their own video on how to use their local Park and Stride, for example:

 [Park and Stride](#) – Check out this fantastic video explanation on Facebook from Greenpark School (2018) starring two of their Travel Safe Ambassadors.

2 min, 48 secs  Ads: 

6. Involve student leaders:

Student leadership groups can often be the motivating force behind making a Park and Stride a success. Some tips for discussion and who can support teachers includes:

- Connect with student leadership groups, senior students, or house captains to start a discussion.
- Consider running a workshop to ask:
 - What do students think the issues are and potential solutions?
 - If a Park and Stride is a good idea and would families at your school use it?
 - What motivates students – is it about climate change, road safety or health?
- Students could present findings to the school's Board or invite a conversation with the Principal.
- Think about other projects that could align such as setting up a [Walking School Bus](#) or [Walking Pou](#).
- Consider using classroom resources such as the [Walkability Checklist](#) and [Map my Journey](#) to involve students on a practical level.
- Run a parent survey to get feedback on what areas they're most likely to use. Or invite parents to attend an informal session at pick-up time to hear their ideas or concerns.

Getting Support:

- Contact your local council to see if your local [Road Safety Coordinator or Travel Planner](#) can help facilitate a workshop or support an enquiry, or contact the [School Travel Team](#) at Greater Wellington.
- Get in touch with your local [Enviroschools Facilitator](#) for further support.



Further activities, resources, and links

Funding and grants

- Link to Creative Communities: [Creative Communities Scheme](#) | [Creative New Zealand](#).
- Your local library account may give you free access to the Generosity Funding portal, [GivUs](#), to find suitable grants to apply for.
- Local paint and hardware stores often give school's a discount. You may need to provide ID or a letter of support from the school.

Consider what your school policy is when applying for grants or funding. Are there any grants which you cannot apply to? note also that some grant providers will not fund schools directly, but may fund a charity associated with the school (such as a parent and whānau fundraising group).

In kind support can be useful to reduce costs. Hardware and paint stores may supply products at a discount. Local tradies (parents at school?) may be able to help with logistics or transport. Your local council may be able to provide graffiti guard to protect the Pou and cover the installation cost.

Other education resources

Use other Kura Kete resources which connect with this, such as:

- [Walking School Bus](#)
- [Walking Pou](#)
- [Movin' March resources](#)

