

1 Introduce Park and Stride:

Send pānui to whānau; describe how a Park and Stride works.

Encourage feedback via short survey or drop-in session after school.

Use [resources](#) to generate student discussions. Encourage leaders to run a student workshop to identify problems and solutions. Present findings to school board or syndicate assembly.

See:

- [Walking School Bus](#)
- [Walking Pou](#)
- [Walkability Checklist](#)
- [Map My Journey](#)

2 Explore safe routes to school:

Look for nearby car parks that are less busy at drop off and pick up times.

Get safety guidance from local council and Police Road Safety representatives.

Create a map showing location and preferred safe route.

Use the [Map my Journey](#) classroom resource to guide student discussion.

Senior students could design a poster to promote to parents, or a song to encourage safe and active journeys for younger students.

3 Decide on location for Park and Stride:

Use knowledge from students, parents and staff to identify the best locations.

Check whether permissions are needed to use the park locations (eg. church or sports club).

See [letter to carpark owner](#) for help.

Finalise the map showing location and safe route to school.

4 Promote Park and Stride:

Share map with school community (display in school office or library, share via newsletters or website, etc).

Send [letter to parents](#) and consider a small event with simple incentives to encourage participation. For example, run an inter-class competition with special activity prizes, or reward champions with assembly certificates.

Students could collect travel data to measure how often Park and Stride locations were used. Or they could observe traffic changes at the school gate (see [Te Haerenga o ngā Tamariki](#)).

