

Kia Tū, Kia Hīkoi Park and Stride

Guide for whānau

Why Park and Stride?

- Tamariki benefit from getting active – even walking a short way to school.
- They become more confident and learn road safety.
- Whānau can find a car park more easily, so there are fewer stressed drivers at the school gate.
- Whānau get to connect with each other as they walk or wheel to school.
- Vehicle emissions are kept away from school entrances where tamariki gather.

What is Park and Stride?

It's an area where whānau can park:

- away from the school gate,
- then walk the rest of the way to school.

These are ideal if you can't walk the whole way.

A safe space is chosen. It may have a sign.

Whānau decide whether their tamariki walk independently or with siblings, meet a friend, or need adult supervision.

Kura Kete
Walk or Wheel

Greater Wellington
Te Pane Matua Taiao

How can I get involved?

- Your school might be looking for ideas on locations and routes. You can share your knowledge about local routes to help other whānau.
- Are there any local Walking School Buses that you can join via Park and Stride?
- Check the school pānui (newsletter) or website for any events or promotion of a Park and Stride.
- Try your own drop-off or pick-up spot – even if it's not for every journey you make.

