

EVENT IDEAS FOR YOUR HIGH SCHOOL!

1. Use your Fitbit (or another activity tracker) or count your steps to reach a goal of 10,000 steps per day! (5 minutes of walking = 1,000 steps!)
2. Invite others to take part - walk with a friend or in a group!
3. Urge as many members of staff as possible to take part and walk or cycle to school to set an example.
4. Distribute publicity material well ahead of the event. Let parents know about your event and the dates via a colourful school newsletter or poster display.
5. Gather up prize donations along with drinks, healthy snacks or treats for those who walk and bike.
6. Hold a short walk during the school day for all students and staff.
7. Get students involved with organizing a biking/walking event to raise money for a foundation or charity of their choice.
8. Host a bike derby – make teams and design costumes.
9. Design a banner to display in a prominent position outside school, or to be carried on the way to school at the head of a walking bus.
10. Set a target number of kilometres to walk collectively.
11. Have a student or group of students use the school PA's system to announce pedestrian and bike safety tips and make reminders about the event.
12. See whether local businesses/churches will allow their parking lots to be used as safer dropping - off/parking areas for the day.

13. Mark routes to school with the school mascot's prints/large footprints.
14. Award the class with the largest percentage of walkers, a movie class or pizza lunch.
15. Encourage students to photograph the positive and negative elements of their route to school.
16. Make home room competitions, the room with the highest amount of steps every month wins a prize!
17. Make pledges to bike or walk to school and place them on the spokes of a bike wheel to display in the front of your school.



For more event ideas, visit <http://www.greenactioncentre.ca/biketoschool>, or contact us at active.events@greenactioncentre.ca or 204-925-3777

A big thank you to our Bike to School Month 2018 sponsors, the City of Winnipeg and Manitoba Public Insurance.



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See over for more great ideas!