

Super Safe Strider

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Walking to School Safety Checklist

Walking to school provides opportunities for students to develop important life skills like road safety, risk awareness, independence and decision making.

Work through this checklist with your child to make sure they have the skills they need to walk to school safely. Sign and return to school so your child can receive their Super Safe Strider certificate.



PEDESTRIAN CROSSINGS

Pedestrian crossings, traffic lights, school patrol or pedestrian refuges are safer places to cross. Teach your child to wait until any vehicles approaching the crossing have come to a stop before walking out onto the crossing, and to keep looking for vehicles as they cross. Avoid crossing very close to intersections if there is no designated crossing. Mid-block is often safe as there is less traffic coming from different directions - see the Kerb Drill.

SAFE ROUTES - To plan safe routes to school, download the Map My Journey Activity at:

www.movinmarch.com/toolkit



THE KERB DRILL

1. Stop one step back from the kerb
2. Look and listen for traffic coming from all directions
3. If there is traffic coming, wait until it has passed and then look and listen for traffic again. If there is no traffic coming, walk quickly straight across the road
4. While crossing, look and listen for traffic from all directions

STOP, LOOK, LISTEN and CHECK before I step

Signed: _____ Date: _____

Map My Journey: Teacher Notes

Introduction

The Map My Journey Activity teaches your students about choosing safer routes to and from school. Use it in class or send it home as an activity for students to complete with a parent or caregiver.

The student activity sheet requires a street map of the area around your school. You can download and print maps from www.google.com/maps

Stick it to the back of the student Map My Journey sheet and photocopy.

Student Activity: Steps 1 and 2

The purpose of these first steps is to help students understand how their community relates to the map they are creating.

1. Students create a personalised map of their neighbourhood by locating their house, school, favourite parks, library, supermarket and friends' houses.
2. Then students map the route they took to school that day, and begin to create the legend for the map.

Note: For students who have been driven to school, ask them to draw the route they would use if they were to walk or bike to school. If their street isn't on the map, ask them to choose a different starting point, e.g. a safe drop-off where they can walk from.

Student Activity: Steps 3 and 4

The next steps help students identify safe and unsafe places in their neighbourhood, and identify a safe route to school and their other favourite places.

3. Discuss how students choose their safe places. Use the "safe places" listed on the activity sheet and brainstorm some additional "safe places" with the class. Add them to the blank space provided.
4. A similar brainstorming session can be carried out for "unsafe places".

Numbers (in GREEN circles) and letters (in RED triangles) correspond to the safe and unsafe places - place these symbols on the map where appropriate.

You may want to use a larger map to:

- Demonstrate how to complete a legend on a map
- Draw a sample "safe route" that makes use of safe places and avoids unsafe places.
- Develop a wall display with all the completed maps.



Adapted from Making Tracks Resource from Kerb & Safe Routes to School, a Programme of Green Communities Canada.

Curriculum Links:

Key Competencies: Managing Self

Learning Area: Health and Physical Education 1.2

Achievement Objectives: Safety Management

Identify risk and use safe practices in a range of contexts.



Walking School Bus

A *Walking School Bus (WSB)* is a great way to alleviate parent concerns about their children walking alone to school. They create opportunities to teach children important road safety skills ready for walking independently as they get older.

It is important that children learn road safety skills and become able to walk or cycle to school independently in preparation for intermediate school and college.

The *Super Safe Strider* checklist and certificate can be introduced to your *Walking School Bus* as a graduation process.

The New Zealand Transport Agency has put together a guide for planning and implementing a *Walking School Bus*. You can download the guide at:

www.education.nzta.govt.nz/resources/school-community-partnerships/walking-school-bus

How does it work?

The *Super Safe Strider Checklist* can be used by the *Walking School Bus* leader or taken home to work through with a parent.

Students work through a number of key skills including choosing safe places to cross the road and using a pedestrian crossing correctly.

An adult then signs off the checklist to say the student has practised the skills. Their *Super Safe Strider* certificate can then be presented to them in class or at assembly.

Download and print the checklist and certificate from:

www.movinmarch.com/toolkit

Leadership

When students are ready to make decisions about road crossing points and even help with the WSB, a WSB leader can use the *Super Safe Strider* checklist to sign off students for their certificate. This gives students the opportunity to demonstrate good road safety practice, while still being supervised by the adult leader.

Map My Journey

As well as gaining road safety skills, it is important students know how to choose a safe route to school. The *Map My Journey* activity can be used in conjunction with the *Super Safe Strider* checklist to ensure students know the safest way to get to school and other places in their neighbourhood.

You can download the activity at:

www.movinmarch.com/toolkit



Super Safe Strider - Inspiration

Pukeatua Students Leading the Way

Pukeatua School has three Walking School Buses with a difference. They are led by senior students wearing fluoro vests who collect younger children on their way to school.

The arrangement is ideal for the community, particularly families with other young children who struggle to get their older children to school. It also gives the senior students greater responsibility and opportunities to provide leadership and positive role modelling for their younger peers.

“Everybody wins,” said one of the WSB leaders. “We all have a safe walk to school, and parents, especially ones with little children and babies at home, don’t need to leave the house.”



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- Demonstrate how to complete a legend on a map
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Adapted from Blazing Trails Resource from Active & Safe Routes to School, A Programme of Green Communities Canada.



Curriculum Links:

Key Competencies: Managing Self

Learning Area: Health and Physical Education L2

Achievement objectives: Safety Management

Identify risk and use safe practices in a range of contexts.



greater WELLINGTON

REGIONAL COUNCIL

Te Pane Matua Taiao

Map My Journey: Students

Introduction

Walking, biking or scooting to school can be a fun adventure and a great way to keep healthy. It is important to keep safe along the way. Complete this mapping exercise in class or with a parent or caregiver to find a safe route from your home to school.

Step 1: Your favourite places

1. Where do you live? Locate your street and draw your house. If your street isn't on the map, find a safe drop-off place that you could walk from.
2. Locate and draw your school if it isn't already showing on the map.
3. Draw in and label any other places that you think are important in your neighbourhood (such as parks, library, supermarket, friend's houses).

Step 2: Map your route to school

My route to school today...

If you walked, biked, skateboarded or scooted to school, draw the route you took on your map. Use this design **— — — —** and mark it on your map legend. If you came by car or bus to school, draw the route you would normally take when walking or biking or from the drop-off point or friend's place you chose in Step 1.

Step 3: What's safe and unsafe in your neighbourhood?

Identify safe and unsafe traffic areas in your neighbourhood. Then locate and mark these places on your neighbourhood map and legend.

Use a **GREEN** pencil for safe places. Make sure you fill these symbols on your map. These are some safe places in my neighbourhood:

1. Pedestrian (Zebra) crossing 
2. Quiet or slow street 
3. Traffic lights 
4. _____

Use a **RED** pencil for unsafe places. These are some unsafe places in my neighbourhood:

- A. Busy street with lots of cars 
- B. Street with fast cars 
- C. Busy intersection 
- D. Street with no footpath 
- E. _____

Step 4: Map safe routes in your neighbourhood

1. Use a **BLUE** pen or pencil to draw a safe route from your home/start point to school.
2. Use this design  on your map and your map legend.
3. Use a **YELLOW** pen or pencil to draw a safe route from your home/start point to another place.
4. Use this design  on your map and your map legend.
5. Make sure your map legend is complete. Does your map legend look like this?

Map Legend:

My route to school today (dark blue/black) 

Safe places (green circle or line) 

Unsafe places (red triangle or line) 

Safe route from home to school (blue) 

Safe route from home to other places (yellow) 

How far?

Find out how far your journey to school is on:

www.google.com/maps



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