

# WALK<sub>30</sub> burnaby | new west



WALK TO SCHOOL, WORK, SHOP OR PLAY—EVERY MINUTE COUNTS!

## SCHOOL FAQs

Burnaby and New Westminster are challenging people to walk at least 30 minutes a day for better health—and both school districts are joining in.

### KEY DATES

March 12: Registration opens: [www.walkerscaucus.ca/WALK30-Burnaby-NewWest](http://www.walkerscaucus.ca/WALK30-Burnaby-NewWest)

April 9 – May 11: Participants will track and share daily walking minutes online.

Saturday May 12: Celebrate the end of the Walk30 challenge at Edmonds Community Centre, 10:00am to Noon. Enjoy food, music and prizes, connect with other walkers, and learn about health and wellness.

#### 1. How do we participate?

Teachers will keep track of the minutes walked **as a group** each day and post it to the online tracker. For example, if 22 students take a 30 minute walk together, you post 30 minutes (i.e. the average, not cumulative total). You do NOT need to log the minutes of individual students.

#### 2. How do I register my class or staff team?

Teachers will register a class team online: Enter the school name in the First Name field and the teacher's last name in the Last Name field. More details about the challenge can be found at <http://walkerscaucus.ca/walk30-burnaby-newwest>. Registration will open March 12.

#### 3. Can students and teachers participate with their families or teams outside of class?

Yes. Because school registration doesn't identify individual students, they can register as a community member and track the walking they do outside of school.

#### 4. How much of a time commitment will this be? Do we need to walk as a class everyday?

You decide how often you walk as a class and do not need to walk everyday; You have three days to post the daily average minutes walked to the online tracker: <http://walkerscaucus.ca/walk30-burnaby-newwest>. It should only take a few minutes to log on and post.

#### 5. How will student get recognized for participating?

Each student will receive a reflector strap. They can also come to the Wrap-up Celebration on May 12 and enter draws for t-shirts and other prizes.



This project is supported by the BC Physical Activity Strategy, a provincial initiative to foster active people and active places.

**6. Do I need special permission from parents to participate in this event?**

No, outings count as walking field trips and all students should have a walking field trip form signed.

**7. Why should we participate?**

**Physical and Health Education Curriculum:** Meet your daily physical activity requirements.

**Mental health:** Mindful walking reduces stress and anxiety.

**Support Place-Based Knowledge:** Build stronger connections to community.

**Daily Calendar Routine:** Chart how the total minutes add up during the challenge. Show them in a bar graph.

**Languages:** Keep journals of everything you see on your walks.

**Art:** Ask students to draw things they see on their walks.

**Communicating Student Learning:** For teachers who use CSL, it's a great opportunity to post photos and videos of your students in the community.

**Post, Share and Connect with others on social media.** Tags and handles will be posted on <http://walkerscaucus.ca/walk30-burnaby-newwest> on March 12.

**Environment:** Opportunity to discuss the natural, social and built environments while on walks.

**AND:** Children behave and learn better when they go outdoors!