



**FAMILY CHECKLIST – THE WALKING SCHOOL TRAIN**

Your family has indicated an interest in participating in a Walking School Bus. This kit is intended to help you organize a Walking School Bus along your route to school and to prepare your family to walk.

***FAMILY CHECKLIST***

<b>What to Do</b>	✓
<b>Getting the Train Going:</b>	
1. Through the school, find out how many other families on your route are interested in trying the Walking School Bus.	
2. Organize an informal meeting with these families.	
3. Determine which days your Walking School Train will operate – everyday or just two or three? Will each family participate in the walking of the children or will you take turns as 'bus drivers'? You can all walk together if you prefer.	
4. Three to four children per adult is recommended for maximum safety. Always try to position one parent at the front of the train and one parent at the back of the train.	
5. If your WST group has concerns about the safety along your route to school, contact your community police officer. Tell them about the WST project and ask if they can address your concerns. Ask if they might be able to walk the route with you before your Walking School Train gets underway.	
6. Start your Walking School Train by walking just one way – to school or from school. As people feel more comfortable, and schedules allow, expand the program to include two-way trips.	
<b>Preparing everyone for the walk to school:</b>	
1. Ensure each member of your family has their Walking School Train identification tag.	
2. Review pedestrian safety rules with your children before you start the WST and then regularly remind the children as you walk together. Parents need to review road safety rules too! Refer to the WST Behavior Expectations and review this with your children.	
3. Ensure you have a list of home and work phone numbers for each participating WST family.	

<b>On the walk to school:</b>	
1. Children are picked up on the street outside their house or at a safe designated "train station" agreed upon by the group.	
2. Escort all children right into the schoolyard. Kindergarten students should be taken to, and picked up from, their classrooms.	
3. Ensure you and your children are dressed appropriately for the weather. Refer to the attached weather sheet.	

**Other useful tips:**

- Bring along a wagon to transport really heavy bags or bulky musical instruments.
- Be sure to have FUN. Have a theme day at least on one day, for example, a crazy hat day or decorated sneaker day. Have the children come up with a name for your WST. Create a rhythm, song or rap for your WST and sing it along the way.

If your trial WST was successful, don't stop now ... keep it going throughout the school year, even if it's only for a few days each week.

**Behavior Expectations for Children Participating in a Walking School Train:**

- 1.** Listen to the adult 'Train Engineers' at all times.
- 2.** Be on time.
- 3.** Obey all traffic rules and signs.
- 4.** Be very careful when crossing streets.
- 5.** Stay with the group, no lagging behind or running ahead.
- 6.** No pushing or fooling around while walking or waiting.
- 7.** Look out for each other.
- 8.** Respect neighborhood property.
- 9.** HAVE FUN!



# Dress for the weather All year long!

## WALKING SCHOOL TRAIN



### Walking in a Winter Wonderland

Don't avoid walking when the weather doesn't cooperate - it's actually the best way to keep warm outdoors. Just be sure to dress properly:

- Keep hands and head covered to prevent heat loss
- Wear warm, waterproof boots in cold weather and rain boots in wet weather
- Carry umbrellas for those rainy days
- Wear a coat that is waterproof and deflects the wind
- In extreme cold keep skin covered - wear a scarf over your face and mouth
- Woolen clothing helps to retain the heat
- Change wet clothes - tuck an extra pair of socks and mitts into your child's backpack



### Walking in Sunshine

In the warmer months of the year:

- Apply sunscreen at the start of the day and pop a small container in your child's school bag if allowed by the school
- Wear a wide-brimmed hat & sunglasses to protect eyes, face, ears and neck from the sun
- Drink lots of water throughout the day and carry a bottle of water on your walk to and from school

### Walking on Rainy Days



On rainy days:

- Wear a poncho or rain jacket with a hood
- Ponchos are great because they can cover a backpack
- Avoid using & bringing an umbrella – they are difficult to manage with groups & storage at school is tough
- Wear rain boots & bring school shoes in a plastic bag or backpack