



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

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!