



Fall 2021



Maria Minaglia, MPH
Orange County Health Care Agency
Health Promotion and Community Planning
Injury Prevention Program

**Note: Some photographs in this publication were taken before the onset of the global COVID-19 pandemic and establishment of mask and social distancing requirements.*

**Photo credits: Safe Routes Partnership*

Whether your students are enrolled for in-person or in distance learning, we can help!

Even though classes might still look different this year, it is still a great idea for families to be active together!

WALKING is the easiest way to get daily physical activity.



Whether your students attend in-person or in distance learning, we can help you plan your event based on your school district's COVID-19 return to school plans & policies.



Encourage families to start their school day with physical activity.

Back on campus?

Promote walking to school with their family or students in their classroom.

Have students enrolled in distance learning?

No problem! Encourage families to take a neighborhood walk before sitting down for distance learning.



What's different this year?



You might skip the school assemblies and walking parades this year. Plan activities based on your campus requirements.



Encourage walking within households or with students from the same class.



Increase social media outreach:

- ✓ Promote on school social media pages.
- ✓ Have students share photos or artwork on social media. Encourage creativity!
- ✓ Use hashtags
#ImWalking
#WalkToSchoolDay



Walking with a purpose!



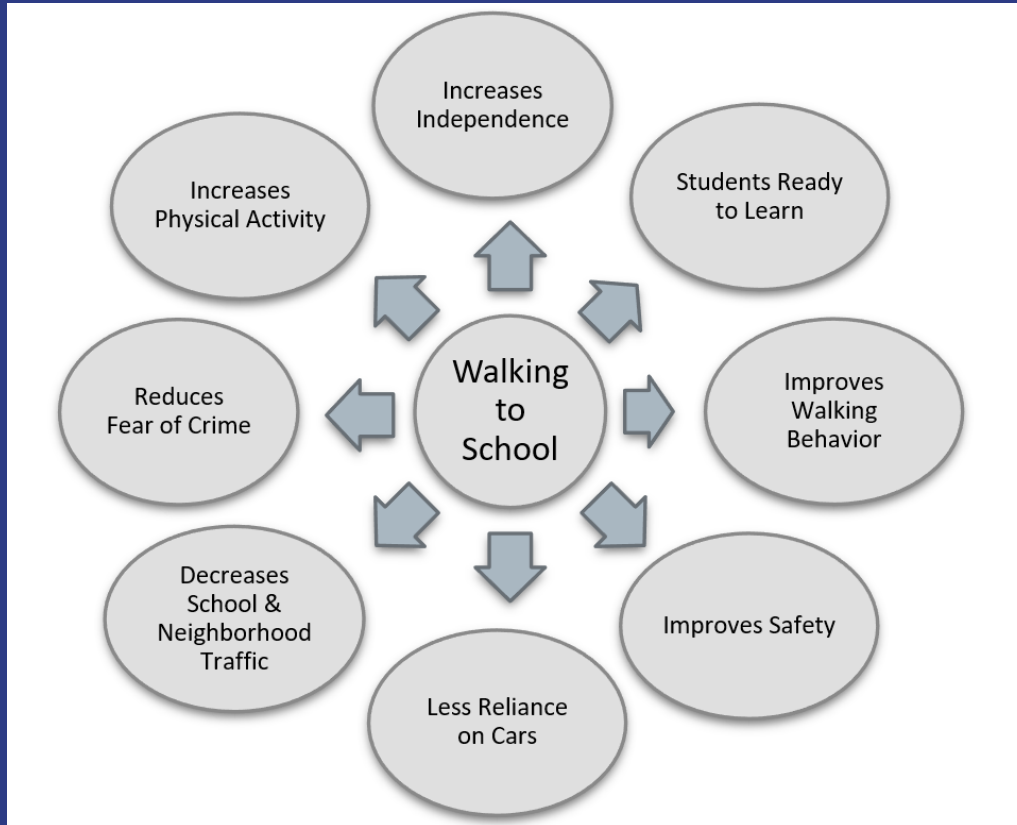
Pedestrian
Safety



Physical
Activity



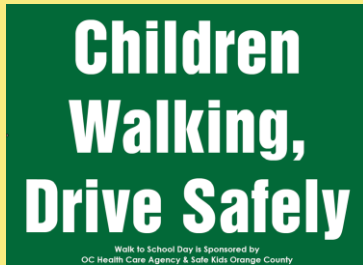
Benefits



Free Toolkit!



6 FT. VINYL BANNER (FOR NEW PARTICIPANTS)



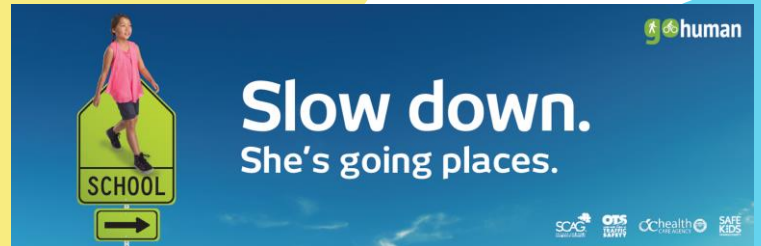
YARD / SCHOOL FENCE SIGNS



"STAY ALERT.
DON'T GET HURT."
SILICONE BRACELETS



"I WALKED TO
SCHOOL TODAY"
STICKERS



VINYL BANNER OR YARD SIGNS

Digital Tool Kit

- ✓ Digital activity sheets
 - ✓ Digital certificate of participation
 - ✓ Promotional templates including social media posts
 - ✓ Stickers, bracelets, and bingo sheets available upon request
- IDEA:** Distribute these items at “Grab N Go” lunch pick up.



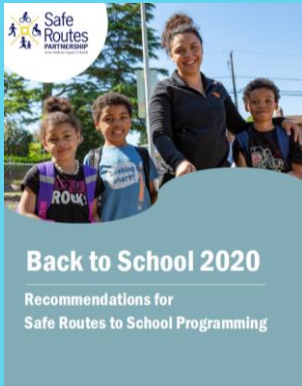
Before

1. Register & Plan

Register:

www.surveymonkey.com/r/TZJTX8X

Planning an event is easy! Download:



Safe Routes Partnership Back to School
Recommendations for Safe Routes to School Programming

2. Promote your event

- Social media [#ImWalking](#), [#WalkToSchoolDay](#)
- Local media
- Flyers, newsletters, or electronic notifications
- Templates: www.ochealthinfo.org/w2s

Don't forget to hang your banners and signs around your school!



During

3. Day of your event

- Have fun!
- Reward students!
- Take lots of pictures!
- Use social media hashtags
#ImWalking
#WalkToSchoolDay



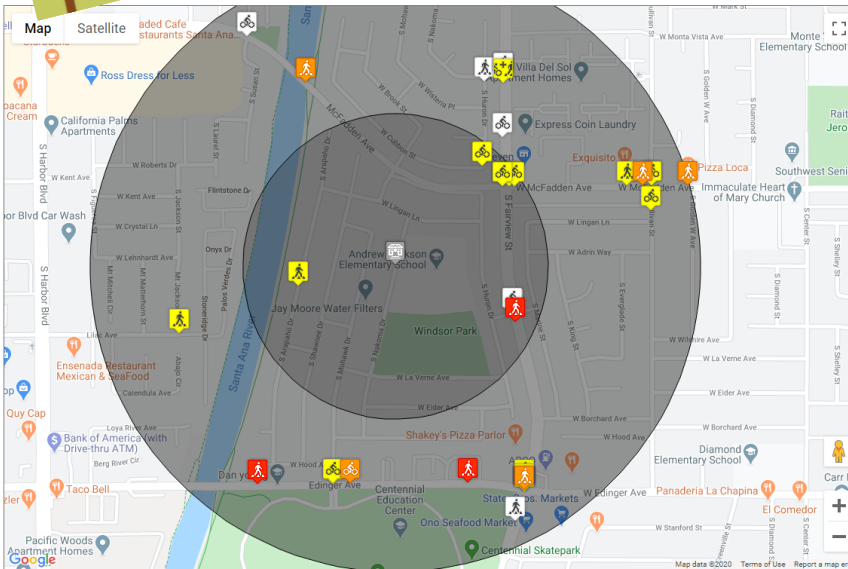
4. After your event

This is just the beginning to walking all year round!

- Share your successes!
WTSD Coordinator Survey due two weeks after your event

Safe Routes to School programming options:

- Walking Club
- Walkability Audit
- Safety Assembly



Need help planning your event?

We can help!

Maria Minaglia, MPH

Injury Prevention Program

Health Promotion and Community Planning Division

Orange County Health Care Agency

mminaglia@ochca.com

(714) 834-6770

WTSD Resources:

www.ochhealthinfo.com/w2s

**Register your school for
WTSD:**

www.surveymonkey.com/r/TZJTX8X

