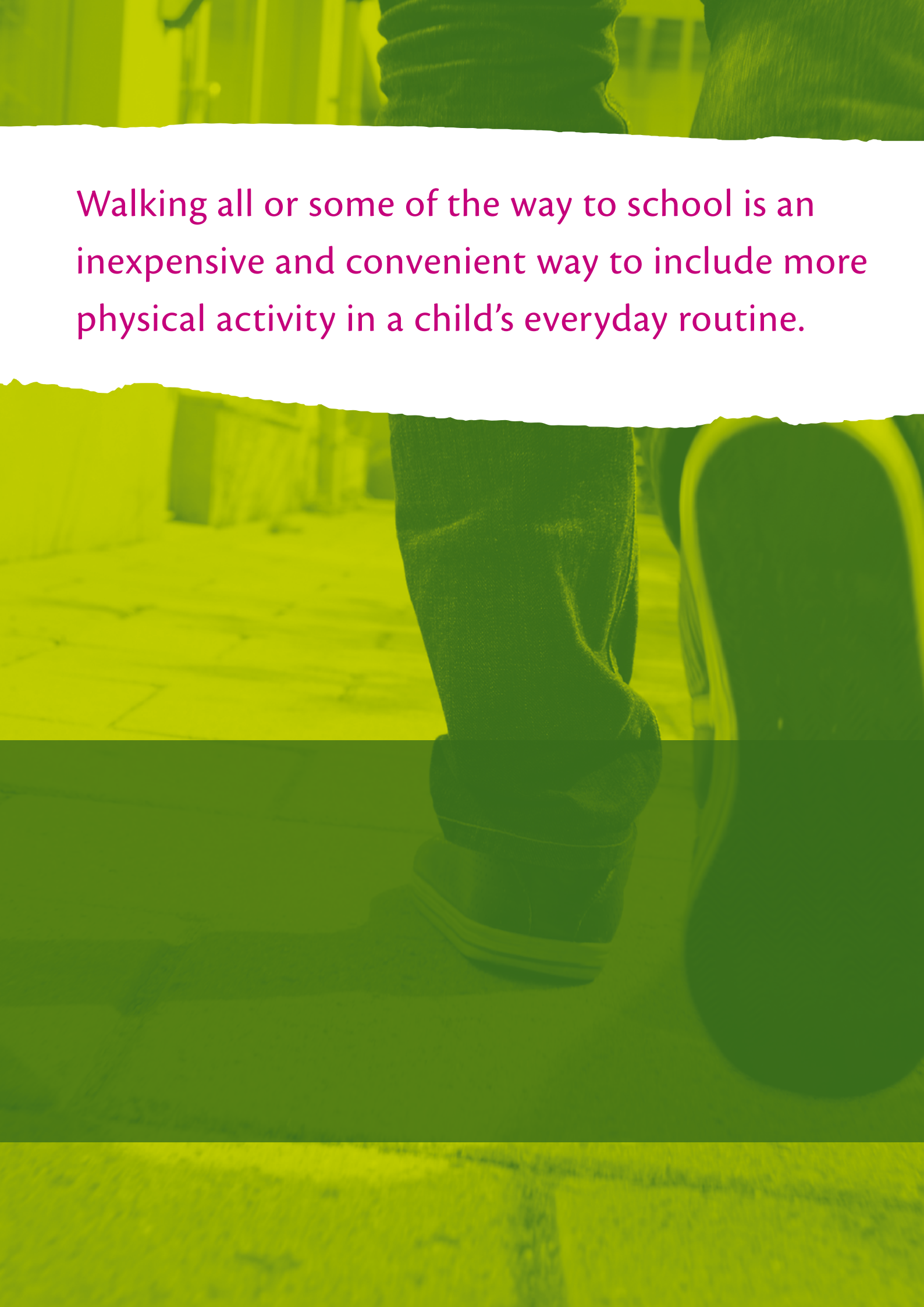




# Get your school walking

a guide to promoting walking for schools

A low-angle, close-up photograph of a person's legs and feet as they walk on a paved sidewalk. The person is wearing dark-colored pants and dark sneakers with white soles. The background is slightly blurred, showing a continuation of the sidewalk and some distant structures. The image is split horizontally, with the top half having a white background for the text and the bottom half showing the walking scene.

Walking all or some of the way to school is an inexpensive and convenient way to include more physical activity in a child's everyday routine.



# Introduction

Schools are an important setting that can provide support to improve the health and wellbeing of children and young people. Research has shown that health and education are inextricably linked. One of the ways health is promoted in schools is through **Health Promoting Schools**. A Health Promoting School is defined by the World Health Organisation as “a school that constantly strengthens its capacity as a healthy setting for living, learning and working.”<sup>(1)</sup>

The Health Promoting Schools concept is recognised internationally and has been developing in Ireland since the early nineties. Ireland is a member of the ‘Schools for Health in Europe (SHE) network.

In a Health Promoting School, health is viewed in its broadest sense and includes physical, social, mental and spiritual aspects. The school recognises that health is influenced by many factors beyond the individual and aims to create a setting that supports health and healthy choices. Health Promoting School is a long term initiative aimed at involving the school community – students, staff, parents/guardians – in a whole school approach to health and wellbeing.

Being physically active is a core component of good health and well-being. Many schools are already taking positive action to promote physical activity and physical education. The National Guidelines on Physical Activity for Ireland recommend that children and young people should be active for at least 60 minutes a day every day<sup>(2)</sup>. The evidence is that four out of five children are not sufficiently active for health benefits<sup>(3)</sup>. On average, children spend almost half of their day in the school environment. School breaks and PE classes do not provide enough opportunities for physical activity for a growing child. One way to increase levels of physical activity is to incorporate it into the child’s daily routine and commute to school.

Walking is the oldest and most natural form of physical activity. It is suitable for people of all ages and fitness levels. Walking is free, easy to fit into daily life and can be a great form of transportation. It can be a great first step towards increasing physical activity levels within a school community.

**Get your school walking – a guide to promoting walking for schools**, has been developed to assist school communities – teachers, parents and students – create a school environment that supports and promotes walking. The resource provides information on the benefits of walking, a six step guide for promoting walking in schools, examples of walking initiatives and a range of useful tools to help you implement a walking initiative in your school. You will find a selection of useful tools on [www.hse.ie/schoolswellbeing](http://www.hse.ie/schoolswellbeing) (under wellbeing through physical activity).



## Benefits of walking to school

Getting more active by walking has many health benefits including:

- more energy,
- less stress and anxiety,
- greater sense of wellbeing,
- improved muscle tone and bone strength,
- increase levels of confidence and concentration, and
- reduced risk of developing chronic diseases such as diabetes, heart disease and cancer as and adults.

Evidence shows that increasing the levels of physical activity in children is an effective way to help manage weight and prevent overweight in children<sup>(4)</sup>.

### References

1. WHO 1997 promoting health through schools. Report of a WHO Expert Committee on Comprehensive School Health Education and Promotion. WHO Technical Report Series N0 870, Geneva.
2. Department of Health and Children, Health Service Executive (2009) The National Physical Activity Guidelines for Ireland.
2. Nic Gabhain S, Kelly C, Molcho M. 2007. The Irish Health Behaviour in School-aged Children (HBSC) Study 2006 Health Promotion Research Centre, National University of Ireland, Galway.
4. McMasters C (2006) National Guidelines for Community Based Practitioners on Prevention and Management of Childhood Overweight and Obesity. Health Service Executive.





# Six steps to promote walking in school

The six steps outlined in this section will help you develop successful school walking initiatives.



## Step 1: Establish support

Successful initiatives of any form generally have the support and participation of the whole school and local community. It is important from the outset to have the commitment of the school principal, staff, board of management, parents and pupils.

Many local agencies and organisations such as Local Authorities (Town and County Councils), Health Service Executive (Health Promotion Departments), Local Sports Partnerships, the Gardaí and An Taisce (Green Schools) have an interest in supporting walking to school type initiatives. Check with your Local Authority to see if they have a Smarter Travel Officer or Road Safety and Education Officer, this person is usually responsible for the development and promotion of school travel. Involving public officials and other community leaders, such as the mayor and county/city council members can also be beneficial. Walking celebrations and events can give them the opportunity to publicly show their support for health, environment and safety initiatives. You may also need their assistance if you want to deal with issues such as repairs to footpaths or safe road crossings. Local businesses may also be willing to sponsor walking events or initiatives by providing refreshments, high visibility vests or small gifts for participants.



# Step 2:

## Set up a working group

Schools involved in the HSE Health Promoting Schools programme, An Taisce Green Schools programme or the Department of Education Active School Flag can use the working groups set up for these. Otherwise you will need to set up a working group. The working group should include representatives from:

- school staff (committed to walking),
- pupils (student council), and
- parents (parents association),

Others who may be part of your working group, or may be able to assist with your plans include:

- An Garda Síochána,
- Smarter Travel Officer (Local Authority),
- Road Safety Officer (Local Authority),
- Physical Activity Health Promotion Officer, HSE,
- Schools Health Promotion Officer, HSE,
- Local Sports Partnership,
- Nearby residents associations, and
- Local businesses.

Some questions the working group should ask themselves from the beginning are:

- How many people and who will sit on the group?
- Who will be the chairperson or coordinator?
- How often will the working group meet up?
- Where will the group meet?
- Who will take minutes of each meeting?

For information on Health Promoting Schools contact your local Health Promotion Department - contact details on **[www.healthpromotion.ie](http://www.healthpromotion.ie)**

For information on the Green Schools, visit **[www.greenschools.ie](http://www.greenschools.ie)**

For information on the Active School Flag, visit **[www.activeschoolflag.ie](http://www.activeschoolflag.ie)**

For information on Smarter Travel, visit **[www.smartertravel.ie](http://www.smartertravel.ie)**



## Step 3:

### Assess current walking situation

The first task of the working group is to assess the current walking situation. A whole school travel survey can be a great way to establish current methods of travel to school and to invite comments and suggestions from pupils and parents. Focus groups, use of a suggestion box, one to one discussions and discussions with existing groups such as parents and student councils can also be useful. Feedback from these methods can be used to decide the most appropriate way to get your school walking.

## Step 4:

### Develop a walking plan

The working group are responsible for developing the walking plan. It should be specific, focused and realistic.

A school walking plan:

- provides a focus and framework for the group to work from,
- identifies priorities and key activities,
- sets realistic goals and time frames, and
- identifies resources (those already available and others required),

A good plan provides sound direction for decision-making and a solid base for evaluation. It should address the following areas:

- objectives,
- proposed activity,
- resources required,
- list of tasks,
- responsibility,
- evaluation, and
- timeframe.



## Elements of a school walking plan

Element	Example
<p><b>OBJECTIVES</b></p> <p>Clear objectives help the working group have a sense of focus and purpose. Use information gathered through the walkability survey and other assessments to help create your objectives.</p>	<p>Current situation is that 12% of pupils currently walk to school; an objective may be to increase that number to 15% by the end of the current school year.</p> <p>Current situation is that a large number of pupils are inactive at break times. Increase the number of pupils active at break time.</p>
<p><b>PROPOSED ACTIVITIES</b></p> <p>What activities will you run to help you achieve your objective/s.</p>	<p>Organise a walk to school day each week for the month of October (WOW – Walk on Wednesday).</p>
<p><b>RESOURCES REQUIRED</b></p> <p>Physical resources: what and where are the physical resources we can use.</p> <p>People: who are the people that can help with your activity.</p>	<p>Physical resources: Identify local car parks or parking areas that could be used for people to Park &amp; Stride or walk. Is there access to high visibility vests for each pupil and adult?</p> <p>People: Parents, Teachers, Pupils, Local Gardaí, School Traffic Warden.</p>
<p><b>LIST OF TASKS</b></p> <p>How will you carry out your proposed activities.</p>	<p>Send information letter/leaflet to parents informing them of school plans and inviting them to take part if possible.</p> <p>Use a wall chart in each class to track how many walk to school each week.</p>
<p><b>RESPONSIBILITY</b></p> <p>Individuals on the working group need to be assigned specific tasks to ensure the work gets done.</p>	<p>Principal – Inform Gardaí of walking plans, days and routes.</p> <p>Sue Power – write information letter for parents, give to school secretary.</p> <p>Jim Smith – ask local supermarket to provide fruit and water for the walk.</p>
<p><b>EVALUATION</b></p> <p>Evaluation tells us if activities are having the desired effect, if we are achieving our objectives. It will also inform future programmes. Evaluation should be built into your plan from the start.</p>	<p>Review class wall charts.</p> <p>Record numbers of children and parents who take part in initiatives.</p> <p>Questionnaires/surveys or discussion groups with the pupils, parents and school staff to discuss what worked well, what could be changed, recommendations for the future.</p>
<p><b>TIMEFRAME</b></p> <p>Set out how much time is available, deadlines etc.</p>	<p>WOW – every Wednesday beginning 14 October for 8 weeks.</p> <p>Send letter to parents on Monday 5 October.</p>





# Step 5:

## Implement the plan

This is where you put the plan into action and monitor its progress. It is important to keep the whole school community engaged by raising awareness and keeping people informed. Some of the different methods which can be used would be:

- information booklets and leaflets,
- banners or posters,
- information on school noticeboard, newsletter or website,
- staff training day,
- parent and staff meetings,
- make a short presentation to parents, staff and pupils, or
- have an official launch day.

To keep your school and working group motivated why not try some of the following suggestions:

- **Well-earned publicity:** Ask your local media and press to come along to some of your walking events to give your school some well-deserved publicity. If you plan your event to coincide with National Walk to School Day or International Walk to School month you may get more coverage.
- **Make it fun:** Whatever type of walking event you are planning always ensure there is an overriding FUN element for pupils and volunteers alike. You can do this by having a theme. Some ideas include fancy dress, no uniform day, bad hair days, Santa hats for Christmas, World Book day or Chinese New Year.
- **Points:** Points collected on record cards could lead to prizes of stickers, high visibility jackets or reflective slap straps.
- **Certificates:** Present certificates at the end of school term or school year to those who made great efforts to walk to school and participate in walking events throughout the school year.
- **School newsletter and/or website:** Showcase events in your school newsletter or website, include photographs.



*Children from the Holy Cross Mercy National School in Killarney participating in the Active Travel programme.*





# Step 6:

## Evaluate

It is important that once you have implemented the plan you keep track of what is going on and evaluate. Evaluation is crucial to ensure that the planned activities are having the desired effect.

It also helps to inform future programmes. Ensure evaluation is built in from the start. The following questions can be useful when thinking about evaluation:

- What do we hope to achieve?
- How will we measure if we have achieved it?

Some questions the working group should ask themselves regularly when implementing the initiative are:

- What progress have we made?
- What is working well?
- What needs to be erased or changed?
- How can we overcome these issues?
- Are we gathering and recording important data and information?
- Have we still got support from the staff, parents and pupils?



# Other issues to consider

**When introducing any change, you will have to address the reasons people give for not making the change.**

Some reasons for not walking	Suggested solution
<b>Not enough time</b>	<p>For one week record the time it takes to get to school using the car (include time spent getting the children into the car, sitting in traffic jams, finding parking near the school).</p> <p>For one week record the time it takes to get to school walking.</p> <p>Compare the weeks.</p>
<b>The distance between school and home is too far to walk</b>	<p>Drive part of the way to school, park up and walk the rest of the way (Park &amp; Stride).</p>
<b>Roads are too busy or not adequate for walking</b>	<p>Up to 80% of traffic on the roads around schools is due to parents dropping and collecting children in cars.</p> <p>Consider:</p> <p>Designated safe drop off or parking stations away from the school.</p> <p>Carry out a walkability survey.</p> <p>Work with local authority to assess the safest route to use and identify potential improvements.</p>
<b>Children have little road safety skills</b>	<p>Use the resources outlined on page 10 to build road safety skills of the children.</p>
<b>Bad weather</b>	<p>Dress for the weather.</p> <p>Welly boots and water-proof coats for rain.</p> <p>Walk faster to warm up in cold weather.</p>
<b>Heavy school bags</b>	<p>Provide space in the school to store sports gear and books not needed for homework.</p>



## Safety

Safety is an important consideration in any school initiative. While it is parent's responsibility to teach their children the safety skills for walking to school, schools can help promote safety by teaching the safe cross code.

- **Check with your Local Authority** – many have Road Safety and Education Officers that offer road safety training to schools.
- **Check with your local Gardaí** – they can provide information on road safety and may become involved with your walking initiative.
- **Contact the Road Safety Authority** – they work with schools to promote road safety and provide safety training. They also have a range of leaflets, DVDs and CDs such as 'Going to School Safely' leaflet and the 'Safe Cross Code' CD, and a website [www.safetoschool.ie](http://www.safetoschool.ie).

*Postal address:*

[www.rsa.ie](http://www.rsa.ie)

Road Safety Authority, Moy Valley Business Park,  
Primrose Hill, Ballina, Co. Mayo

Phone: 096 25000 or  
Lo-call 1890 50 60 80

## Traffic management

It has been found that when the speed at which vehicles travel is reduced through traffic calming measures people consider it safer to walk or cycle on that road. Local authorities use traffic management plans to reduce vehicle speed. These can be used as part of a Safer Routes to School scheme. There are a wide range of measures that can help to reduce traffic speed, including:

- Pedestrian crossing such as Zebra/Pelican/Toucan/Puffin.
- Traffic calming measures such as:
  - gateway features,
  - build outs,
  - mini traffic islands,
  - speed humps,
  - speed cushions,
  - 30 kmph zones,
  - speed cameras,
  - pedestrianisation,
  - road surface and white lining, or
  - cycle lanes.

You will need to work with your Local Authority or local city/county councilors to decide which measures would benefit your school most and have them put in place.





# Walking to school

Figures show that fewer children walk to school nowadays than a generation ago<sup>(5)</sup>. Walking all or some of the way to school is an inexpensive and convenient way to include more physical activity in a child and adult's everyday routine.

Walking to school is beneficial for children, the whole school community and the environment. Children who walk some or all of the way to school will experience more opportunities to be:

- active,
- Social – meet friends and other children,
- independent, and
- part of their community.

Benefits to the environment and wider school community include:

- reduced level of traffic around school gates and surrounding areas, making it safer for all to get to school;
- reduced level of traffic in general which results in less air pollution;
- gives the opportunity to teach road safety skills; and
- helps children and their families become more familiar with the school neighbourhood.

## Examples of walking to school initiatives

There are a number of things you can do to encourage your school (pupils, teachers and parents) to walk to school more. These include:

- Walkability survey
- WOW Days (Walk Once a Week or Walk on Wednesdays)
- Walk the World challenge
- Park & Stride
- Walking School Bus
- International Walk to School month – October
- Golden Boot Challenge
- Step It Out at School – 10,000 step challenge

## References

5 Central Statistics Office, (2006) Census of Population Volume 12: Travel to work, school and college.



## Walkability survey

A Walkability survey is a good starting point for planning a school walking initiative. Ask pupils to complete a survey of their route to school. Information from the survey will be valuable when planning activities such as Park & Stride, Walking School Bus or WOW days. It will also help highlight safety and other issues along routes to your school and can be used to lobby for improvements with your local council.

## WOW days

Walk Once a Week or Walk On Wednesdays encourages pupils and teachers to walk to school and/or home at least once a week. This scheme can be run for a particular period of time in the school calendar such as a term, once a month or on a continuous basis throughout the year. You can offer children incentives such as a classroom wall chart or record card to keep track of how many WOW days they take part in, badges or certificates can be awarded when they complete a certain number. Other incentives include having refreshments or fruit in the mornings for those that walk on WOW days.

WOW originated in the UK - for more information log on to [www.walktoschool.org.uk](http://www.walktoschool.org.uk)

## Park & Stride

Park & Stride works in a similar way to the Park & Ride schemes in many larger towns and cities. Parents who normally drive their children to school are encouraged to park away from the school gate (usually in a designated area) and walk with, or allow their children to walk, the last part of the journey to school. Park & Stride can be a way of involving the whole school in WOW, in particular those who live more than a reasonable walking distance from the school, or those whose parents drive to work after dropping children at school.

The following are some good sites for Park & Stride stations:

- Shop car parks,
- Public car parks,
- Church/community hall car parks, or
- Quiet stretches of road, away from the school, which will not disturb local residents.

You will need to get permission of owners/managers and talk to local residents who may be affected. Try to identify more than one site to avoid further congestion.

## Walking School Bus

A Walking School Bus involves adult volunteers walking children along a set route to school. There should be at least two adults with each group of approximately 12 to 15 children. Children are picked up at agreed stops along the route at set times. The walking bus can be a great way for parents to share the responsibility of the school run while allowing children, who would usually be driven to school, the opportunity to walk.

For more information on how to set up a walking school bus, download a copy of Waterford Sports Partnerships "Walking School Bus" Start Up Pack from [www.waterfordsportspartnership.ie/walking](http://www.waterfordsportspartnership.ie/walking)



## October = International Walk to School Month

October is International Walk to School Month. Use this time to start your Walk to School Programme or to promote the idea of walking to school. Each year over 42 countries and millions of walkers take part in this event which originated in the UK in 1994.

Some of the goals of International Walk to School Month include:

- Encouraging physical activity by teaching children the skills to walk safely, how to identify safe routes to school and the benefits of walking.
- Raising awareness of how walkable a community is and where improvements can be made.
- Raising concern for the environment.
- Reducing traffic congestion, pollution and speed near schools.
- Sharing valuable time with local community leaders, parents and children.

For more information and activity ideas for International Walk to School Month log on to [www.iwalktoschool.org](http://www.iwalktoschool.org)

## Golden Boot challenge

Pupils score points when they walk to school. Points are recorded on a class wall chart. Totals for each week are added up and at the end of a set period of time the class or group with the most points wins the Golden Boot. The challenge can be run every week, month or term. It can be run across the whole school or in one class. In some schools where the challenge is run over a number of weeks, each pupil in the winning class gets a chance to bring home the Golden Boot for a night.

## Local walking routes and activities

Get the school involved in walking activities/festivals organised by outside agencies or the local community, for example, walk for “World Heart Day” with the Irish Heart Foundation and National Trails day. Identify local walking routes and use them for nature trips or to teach geography and history. Local walking routes may include Irish Heart Foundation's Sli na Slainte routes or Historical trails. The school can also organise family walking days on local walking routes which can help to promote walking as well as raise funds for the school. School tours can also be planned to involve walking.



# Walking in School

## Step it out at school challenge

The Step it Out at School challenge is mainly for pupils from 5th class and 6th class in primary schools, post primary students and teachers. Pupils record the number of steps they take each day using a step counter. Over a four-week period, pupils try to increase the number of steps they take. Their target number of steps should be at least 10,000 a day by the end of the four weeks. Contact your local Health Promotion office or the Irish Heart Foundation to help organise your Step Challenge. Step counters may be available on loan.

## Walk the World challenge

The Walk the World challenge encourages pupils to walk while also teaching subjects such as geography and mathematics.

To start, pupils work out roughly how far their walk to school is. The following chart can be helpful:

Kilometers	Miles	Fast Pace	Moderate/Brisk Pace	Easy Pace
<b>1</b>	0.62	7 min	10 min	12.5 min
<b>2</b>	1.24	14 min	20 min	25 min
<b>3</b>	1.86	21 min	30 min	37.5 min
<b>4</b>	2.48	28 min	40 min	50 min
<b>5</b>	3.11	35 min	50 min	62.5 min
<b>6</b>	3.73	42 min	60 min	75 min

For example, a pupil whose walk to school takes them 10 minutes (walking at a brisk pace) lives roughly 1 km from the school.



Next you select a journey, for example Ireland to England, decide on the route you will take and how long it is. Pupils keep a record of how much they walk each week. At the end of the week all the totals are added together and a marker on the map is moved roughly that distance.

As you move along the journey pupils can learn about the different countries and cultures. For larger journeys, such as Ireland to Australia, why not make it a whole school challenge!

A few to try:

Journey	Kilometers	Miles
<b>Malin Head to Mizen head (Donegal to Cork)</b>	620	385
<b>Full Coastline of Ireland</b>	5631	3,500
<b>Ireland to England (Dublin to London)</b>	462.60	287.46
<b>Ireland to Italy (Dublin to Rome)</b>	1885	1171
<b>Ireland to France (Dublin to Paris)</b>	776.83	482.72
<b>Ireland to Australia</b>	15,696	9,753

## School walking trail

Map out a walking trail on the grounds of the school or within the school itself. Calculate the distance of the trail - place markers or posters along the route to highlight it and the distance (kilometers, meters or steps). A map of the route with information on the distance, and how long it takes to complete, should be clearly shown at the starting point.

If you have access to a metal or woodwork class why not see if they can produce the signs, art students could also help to design them. Pupils and staff should be encouraged to use the trail as often as possible, especially at break times.

Some points to consider:

- What route will you use and where will be the start and finish points?
- How do you want to calculate the distance? e.g. steps, kilometers etc.
- Time - how long does it take to complete the walk? e.g. minutes.





### Some ways to add walking and stepping indoors

Indoor Walking - walk and chat - Indoor walking route	Conga Line	Seated stepping to music	Do the Sid Shuffle - “Ice Age”, interactive whiteboard
Step it up - Operation transformation, Interactive whiteboard	Dance - Gangnam style, interactive whiteboard - (Just dance 4 )	Line dance - Cupid Shuffle, Chicken dance, Achy Breaky Heart ...	Simon Says...
Freestyle Dancing to music - choose any upbeat (120 -130bpm) current music	Chair aerobics	Red Light (stop) Green Light (go) - on the spot march, hop, jog, skip, gallop, jumping jacks etc. )	Do the Macarena
Dance/Side Slide to “Walk it out” “Happy Feet”, Interactive Whiteboard	Bizzy Breaks (Irish Heart Foundation resource)	Dance or Side Slide to “I like to move it” “Madagascar” Interactive Whiteboard	Indoor walking - walk all corridors in the school

### Some ways to add walking and stepping outdoors

Maths Trail <a href="http://www.mathsweek.ie/2011/puzzles/maths-trails">http://www.mathsweek.ie/2011/puzzles/maths-trails</a>	Hopscotch	Hill walks ... School walking Club	Treasure Trail/ Scavenger Hunt
Orienteering	Laps around the yard	Relay Walk races with other classes	Activity circuit
Skipping games	Obstacle course	Walk to Swimming/ Library/Church/ Football field	Army Drills - Marching, Salutes etc.

Visit the following links on the PDST (Professional Development Service for Teachers) site for more curriculum based ideas for promoting walking

[www.pdst.ie/fieldwork/trails](http://www.pdst.ie/fieldwork/trails)

[www.pdst.ie/outdoor-and-adventure-activities](http://www.pdst.ie/outdoor-and-adventure-activities)



# Useful Websites:

## **[www.getirelandactive.ie](http://www.getirelandactive.ie)**

This is a dedicated website for physical activity information including the benefits of being active, how to get started, tips to stay motivated and a comprehensive resource section. You can use the site to search for physical activities in your area.

## **[www.getirelandwalking.ie](http://www.getirelandwalking.ie)**

Get Ireland Walking is a national initiative which exists to maximise the number of people participating in walking; for health, wellbeing and fitness, throughout Ireland.

## **[www.pdst.ie](http://www.pdst.ie)**

The Professional Development Service for Teachers (PDST). The aim of PDST is to provide high quality professional development and support that empowers teachers and schools to provide the best possible education for all pupils/students.

## **[www.irishprimarype.com](http://www.irishprimarype.com)**

The IPPEA is an association dedicated to heightening awareness of PE issues in primary schools and it aims to promote physical activity in an educational context.

## **[www.peai.org](http://www.peai.org)**

The Physical Education Association of Ireland is a voluntary organization representing the professional interests of physical educators at all levels of the education system. They aim to increase standards and performance in PE, disseminate research, influence policy and raise public awareness.



*Children from the Holy Cross Mercy National School in Killarney participating in the Active Travel programme.*



### **[www.irisheart.ie](http://www.irisheart.ie)**

The Irish Heart Foundation is the national charity fighting stroke and heart disease. The website has a section dedicated to Slí na Sláinte community walking routes.

### **[www.irishsportsCouncil.ie](http://www.irishsportsCouncil.ie)**

The Irish Sports Council aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland. This website provides a link to your Local Sports Partnership.

### **[www.greenschools.ie](http://www.greenschools.ie)**

Green-Schools is an international environmental education programme and award scheme that promotes and acknowledges long-term, whole-school action for the environment.

A number of travel resources can be downloaded such as pictures and tasks to do in class.

### **[www.activeschoolflag.ie](http://www.activeschoolflag.ie)**

The Active School Flag was launched by the Department of Education in 2009. It is a non-competitive initiative which seeks to recognise schools (both primary and post primary) that provide quality PE, co-curricular physical activity and sports programmes for their students.

### **[www.smartertravel.ie](http://www.smartertravel.ie)**

Provides useful information about the Government's commitment to sustainable travel across various sectors including workplace, schools and communities.

### **[www.iwalktoschool.org](http://www.iwalktoschool.org)**

This site offers information about the importance of the International Walk to School event, who's walking around the world and how you can get involved.

### **[www.discoverireland.ie/Things-To-Do/Activities-and-Adventure/Walking-and-Hiking/Find-a-Walk](http://www.discoverireland.ie/Things-To-Do/Activities-and-Adventure/Walking-and-Hiking/Find-a-Walk)**

- Selected day walks
- Looped walks
- Waymarked walking trails

### **[www.coillteoutdoors.ie](http://www.coillteoutdoors.ie)**

Coillte, Ireland's leading forestry company has over 150 recreation sites around the country. Click on a county on the online map of Ireland for a list of these recreation sites where you will find full details of trails and facilities with downloadable maps.

### **[www.irishtails.ie](http://www.irishtails.ie)**

- Cycling - Off Road: low level or easy cycling trails (suitable for family groups)
- Cycling - On Road: waymarked cycling routes on public roads.
- Mountain Biking Trails: technical or waymarked trails suitable for mountain biking only.
- Greenways: trails that are developed for both walking and cycling.

### **[www.beactiveasap.ie](http://www.beactiveasap.ie)**

Be Active After School Activity School Programme is an HSE supported after school physical activity programme aimed at primary school teachers with parental support for the delivery in school.



You will find a selection of useful tools on [www.hse.ie/schoolswellbeing](http://www.hse.ie/schoolswellbeing) (under wellbeing through physical activity). Some examples are shown here:

## Record Cards - One week/Four Weeks

**Walk to School Record Card - One week**

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Colour in a heart for each day of the week you walk to school.

Start with Monday and so on.

If you miss a day walking do not colour in the heart for that day.

Draw your mark at the end of the week and count the number of hearts you have coloured in and put that number in the "Total" box at the end.

Make sure your heart are nice and colourful and try to have as many as you can.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

1 week

**Walk to School Record Card - Four weeks**

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Colour in a heart for each day of the week you walk to school.

Start with Monday and so on.

If you miss a day walking do not colour in the heart for that day.

Draw your mark at the end of the week and count the number of hearts you have coloured in and put that number in the "Total" box at the end.

Make sure your heart are nice and colourful and try to have as many as you can.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Week 1						
Week 2						
Week 3						
Week 4						
Total						

4 weeks

## Parent Pupil Questionnaire

**Parent & Pupil School Travel Questionnaire**

1. How old are your children?

2. What area are you travelling from and what distance is it from the school?

Area: \_\_\_\_\_ Distance: 0 to 500 metres ☐ 500metres to 1km ☐ 1km to 2km ☐ more than 2km ☐

3. How do your children currently travel to school?

Morning: \_\_\_\_\_ Afternoon: \_\_\_\_\_

4. How would your children prefer to travel to and from school?

WALK ☐ CYCLE ☐ BUS ☐ CAR ☐ TAMP ☐ WALKERBICYCLE ☐ OTHER ☐

5. If your child's current travel arrangements are different to their preferred choice of travel, what stops your child travelling in this way?

6. If you drive, what roadworks do you normally pass your car on?

## Walk to School Certificates - Participation/Gold/Silver/Bronze

**Walk to School Certificate**

Congratulations to

who has been awarded a Participation Certificate for Walking to School

School Principal: \_\_\_\_\_ School Vice Principal: \_\_\_\_\_

Date: \_\_\_\_\_

**Walk to School Certificate**

Congratulations to

who has been awarded a Bronze Certificate for Walking to School

School Principal: \_\_\_\_\_ School Vice Principal: \_\_\_\_\_

Date: \_\_\_\_\_

**Walk to School Certificate**

Congratulations to

who has been awarded a Silver Certificate for Walking to School

School Principal: \_\_\_\_\_ School Vice Principal: \_\_\_\_\_

Date: \_\_\_\_\_

**Walk to School Certificate**

Congratulations to

who has been awarded a Gold Certificate for Walking to School

School Principal: \_\_\_\_\_ School Vice Principal: \_\_\_\_\_

Date: \_\_\_\_\_

## Parent Questionnaire Letter

Parent Questionnaire Letter

[Insert School Logo Here]

Date: [Insert date here]

Dear Parents and Guardians,

You may be aware that the National Guidelines on Physical Activity for Ireland recommend that children are physically active for at least 60 minutes every day (for adults they recommend 30 minutes a day). This has been found to increase learning ability and significantly decrease the risk of developing chronic diseases as adults.

We have a number of activities in school that encourage physical activity and we are exploring how we can provide more opportunities. One way is to encourage children to walk some or all of the way to school. At no extra cost to the school, we can provide you with a questionnaire to help you and your children achieve your daily physical activity requirements. It would also provide an opportunity for your children to learn valuable road safety skills.

By completing the short questionnaire attached, you will provide valuable information to help us decide the best way to encourage walking to and from school. It should take about 2 minutes to complete.

Please return completed questionnaires to the school office or class teacher of your child/children before: [Insert date here].

Yours Sincerely,

School Principal

## WOW Evaluation Letter

WOW Evaluation Letter

[Insert School Logo Here]

Date: [Insert date here]

Dear Parents and Guardians,

We recently ran a WOW (Walk on Wednesday / Walk Once a Week) initiative. The aim of the initiative was to encourage children to walk to school once a week. We also wanted to highlight the importance of daily physical activity for people, parents and teachers while improving road safety skills and reducing traffic at the school gate.

Now that the initiative has been completed we would welcome your comments on it and would be very grateful if you could take a few moments to complete the attached questionnaire. Please return the completed questionnaire to the school office or class teacher before [Insert date here].

The feedback from the questionnaire is extremely important and will be very helpful to us when planning on plans for future school walking initiatives.

Yours sincerely,

School Principal

## WOW Evaluation Questionnaire

**WOW Evaluation Questionnaire**

PLEASE TICK (✓) THE CORRECT BOX

1. Did your children walk to school regularly before the "WOW" initiative?

Yes ☐ No ☐

2. Did your children take part in the "WOW" initiative?

(a) Yes ☐ No ☐

(b) If no, why not?

3. How many days did your children take part in the "WOW" initiative?

Was it mostly?

Mornings ☐ Afternoons ☐ Both ☐

4. Did your children walk on other days of the week apart from the "WOW" day?

Yes ☐ No ☐

5. Did you walk with your children to school?

Yes ☐ No ☐

## Walkability Survey

**Walkability Survey**

PLEASE TICK (✓) THE CORRECT BOX

1. Do you walk to school? Yes ☐ No ☐

If No go to Question 7

On your walk to school:

2. Did you have a path for the whole walk? Yes ☐ No ☐

How many times did you have to walk off the path because something was in your way? Times

3. How many streets and/or roads did you have to cross to get to school? Streets ☐ Roads ☐

4. How many drivers (put an X to show your answer):

a. Crossed slowly and safely ☐ None ☐ Some ☐ All ☐

b. Walked for you to cross the street ☐

c. Blocked the pedestrian crossing ☐

d. Seemed to drive over the speed limit ☐

e. What else did drivers do?

## Our School Walking Plan

**Our School Walking Plan**

Objective	Responsible	Timeline	Resource Required	Responsibility	Evaluation	Timeline
1.						
2.						
3.						
4.						

# Acknowledgements

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[www.getirelandactive.ie](http://www.getirelandactive.ie)








# Spreag an Siúl i do Scoil

## Treoir chun siúl a chothú i scoileanna





Is bealach measartha saor agus áisiúil é an siúl  
chun gníomhaíocht choirp a shníomh isteach i  
ngnáthshaol laethúil na bpáistí.



# Réamhrá

Is láithreacha an-tábhachtach iad na scoileanna chun tacú le sláinte agus folláine a chothú i measc páistí agus daoine óga. Léiríonn taighde go bhfuil oideachas agus sláinte fite fuaite ina chéile. Ceann de na bealaí ina ndéantar an tsláinte a chothú i scoileanna ná tríd na **Scoileanna um Chothaithe Sláinte**. Is é an sainmhíniú a thugann an Eagraíocht Dhomhanda Sláinte ar Scoil um Chothaithe Sláinte ná “Scoil a neartaíonn, ar bhun leanúnach a hacmhainneacht mar thimpeallacht shláintiúil maireachtála, foghlama agus oibre” <sup>(1)</sup>.

Aithnítear coincheap na Scoileanna um Chothaithe Sláinte go hidirnáisiúnta agus tá siad ag teacht chun cinn in Éirinn ó thus na nóchaidí. Tá Éire ina ball den ghréasán ‘Scoileanna um Chothaithe Sláinte san Eoraip’ (SHE).

I Scoil um Chothaithe Sláinte, breathnaítear ar an tsláinte ar bhealach uilíoch ina gcuirtear san áireamh gnéithe fisiciúla, sóisialta, meabhrach, agus spioradálta. Aithníonn an scoil go bhfuil tionchar ag a lán gnéithe eile lasmuigh den duine féin ar an tsláinte agus is í an sprioc a chuireann an scoil roimpi ná timpeallacht a chruthú a thacaíonn leis an tsláinte agus leis an bpáiste chun roghanna sláintiúla a dhéanamh. Is tionscnamh fadtéarmach atá i gceist leis an Scoil um Chothaithe Sláinte a dhíríonn ar phobal na scoile – daltaí, an fhoireann, tuismitheoirí, caomhnóirí - i gcur chuige a chuimsíonn an scoil uile ó thaobh sláinte agus folláine.

Is í an ghníomhaíocht choirp ceann de phríomhghnéithe na sláinte agus folláine. Tá a lán scoileanna ag obair ar bhealach dearfach cheana féin chun an ghníomhaíocht choirp agus an corpoideachas a chur chun cinn. Molann na Treoirí Náisiúnta um Ghníomhaíocht Choirp d’Éirinn go mbeadh páistí agus daoine óga ag cleachtadh na gníomhaíochta coirp ar feadh, ar a laghad, 60 nóiméad sa lá, gach lá. Léiríonn an fhianaise nach mbíonn ceathrar as gach cúigear páistí sách gníomhach chun go mbainfidís buntáiste sláinte as. Ar an meán, caitheann páistí leath an lae, nach mór, sa scoil. Ní thugann sosanna scoile ná ranganna corpoideachais dóthain deiseanna do ghníomhaíocht choirp don pháiste atá ag fás. Is féidir cur le leibhéal na gníomhaíochta coirp tríd í a shníomh isteach i ngnáthchúrsa lae an pháiste agus ina thuras chun na scoile.

Is é an siúl an ghníomhaíocht choirp is nádúrtha agus is sine atá ann. Tá sé feiliúnach do dhaoine d’aon aois nó leibhéal corpacmhainne. Tá an siúl saor in aisce, éasca é a shníomh isteach i do ghnáthshaol agus is modh iontach taistil é. Is iontach an tairbhe atá sa siúl chun cur leis an leibhéal gníomhaíochta coirp i measc phobal na scoile.

**Spreag an siúl i do Scoil - treoir le siúl chun na scoile a chur chun cinn**, Tá an treoirleabhar curtha le chéile chun cabhrú le pobail scoile – múinteoirí, tuismitheoirí agus daltaí – chun timpeallacht scoile a chruthú a chothaíonn agus a thacaíonn leis an siúl. Tugann an treoirleabhar seo eolas faoi na buntáistí a bhaineann le bheith ag siúl, leagtar amach sé chéim chun siúl a chur chun cinn i scoileanna, tugtar samplaí de thionscnaimh siúlóide agus réimse uirlisí áisiúla chun tionscnamh siúil a chur i bhfeidhm i do scoil. Tá réimse uirlisí áisiúla ar [www.hse.ie/schoolswellbeing](http://www.hse.ie/schoolswellbeing).



## Buntáistí a bhaineann le siúl chun na scoile

Tá a lán buntáistí ann do shláinte páistí a bheith gníomhach tríd an siúl, na buntáistí seo a leanas san áireamh:

- Níos mó fuinnimh
- Níos lú struis agus imní
- Mothú níos folláine
- Níos mó spreacadh sna matáin agus cnámha níos láidre
- Nearthú muiníne agus feabhas ar chumas dírithe aigne, agus
- Baol níos lú galair ainsealacha, ar nós diaibéiteas, galar croí agus ailse a tholghadh nuair a bheidh na páistí fásta.

Tá fianaise ann go gcabhraíonn breis gníomhaíochta coirp le páistí a choinneáil ag an meáchan ceart agus bac a chur ar an rómheáchan i measc páistí <sup>(4)</sup>.

### Tagairtí

1. An Eagraíocht Dhomhanda Sláinte 1997. Scoileanna ag Cothú na Sláinte. **Tuarascáil an Chomhchoiste Saineolaithe EDS (WHO)** um Oideachas Cuimsitheach Sláinte agus an Chothú Sláinte sna scoileanna. Tuarascáil Theicniúil EDS, Sraith uimh. 870, An Ghinéiv.
2. An Roinn Sláinte agus Leanaí, Feidhmeannacht na Seirbhíse Sláinte (2009) **Treoirlínte Náisiúnta um Ghníomhaíocht Choirp**
3. Nic Gabhain S, Kelly C, Molcho M. 2007 An Staidéar Iompraíochta Sláinte i measc Páistí Scoile 2006 (**The Irish Health Behaviour in School-aged Children (HBSC) Study 2006**). Ionad Taighde um Chothaithe Sláinte, Ollscoil na hÉireann, Gaillimh
4. McMasters C (2006) Treoirlínte Náisiúnta do Chleachtóirí Pobail chun Rómheáchan agus Murtall a Chosc agus a Bhainistiú i measc Leanaí (**National Guidelines for Community Based Practitioners on Prevention and Management of Childhood Overweight and Obesity**) Feidhmeannacht na Seirbhíse Sláinte.



# Sé chéim chun siúl a chothú sa scoil

Cabhróidh an sé chéim atá leagtha amach anseo leat chun tionscnaimh rathúla siúil a chur chun cinn sa scoil.



## Céim 1:

### Faigh tacaíocht

De ghnáth, bíonn tacaíocht agus comhpháirtíocht na scoile uilig agus an phobail áitiúil de dhíth chun go mbeadh rath ar aon tionscnamh ar leith. Tá sé tábhachtach ón tús go mbeadh príomhoide na scoile, an fhoireann, an bord bainistíochta, tuismitheoirí agus daltaí ag tacú leis an tionscnamh.

Tá suim ag a lán gníomhaireachtaí áitiúla agus eagraíochtaí, mar na hÚdaráis Áitiúla, (Comhairlí Baile agus Contae), Feidhmeannacht na Seirbhíse Sláinte (Rannóga um Chothaithe Sláinte), Páirnéireachtaí Spóirt Áitiúla, na Gardaí agus an Taisce (Scoileanna Glasa) tacú le tionscnaimh ar nós siúl chun na scoile. Faigh amach an bhfuil Oifigeach um Thaisteal Cliste nó Oifigeach um Shábháilteacht Bóithre agus Oideachais ag an Údarás Áitiúil, de ghnáth bíonn an duine seo freagrach as forbairt agus cur chun cinn an taistil scoile. Bheadh sé tairbheach freisin dá mbeadh baint ag oifigigh poiblí agus ceannairí eile pobail, ar nós an méara nó baill de chomhairle contae/cathrach leis an tionscnamh. Thabharfadh ceiliúradh agus imeachtaí siúlóide an deis dóibh chun a dtacaíocht a thaispeáint go poiblí don tsláinte, don timpeallacht agus do thionscnaimh sábháilteachta. D'fhéadfadh siad cabhrú leat freisin dá mbeifeá ag dul i ngleic le deisiú cosán coisithe nó bealaí sábháilte trasnaithe ar na bóithre. B'fhéidir go dtabharfadh lucht gnó áitiúil urraíocht d'imeachtaí nó do thionscnaimh siúil trí shóláistí, veisteanna sofheicthe nó bronntanais bheaga a chur ar fáil do na rannpháirtithe.



# Céim 2:

## Bunaigh Grúpa Oibre

Is féidir le scoileanna atá páirteach i gclár Scoileanna um Chothaithe Sláinte FnaSS, i gclár Scoileanna Glasa an Taisce, nó i gclár na mBratacha do Scoileanna Gníomhacha na Roinne Oideachais úsáid a bhaint as na grúpaí oibre atá bunaithe dóibh siúd. Ba chóir go mbeadh ionadaíocht acu seo a leanas ar an ngrúpa oibre:

- Foireann na scoile (atá tiomanta maidir le siúl),
- Daltaí (comhairle macléinn), agus,
- Tuismitheoirí (comhlachas tuismitheoirí).

Seo a leanas liosta de roinnt daoine eile a d'fhéadfadh a bheith páirteach i do ghrúpa oibre, nó a bheadh in ann cabhrú le do chuid pleananna:

- An Garda Síochána,
- Oifigeach um Thaisteal Níos Cliste (Údarás Áitiúil),
- Oifigeach um Shábháilteacht ar Bhóithre (Údarás Áitiúil),
- Oifigeach um Chothaithe Sláinte na Gníomhaíochta Coirp,
- Oifigeach um Chothaithe Sláinte Scoileanna, FnaSS,
- Páirtnéireachtaí Spóirt áitiúla,
- Cumainn Áitritheoirí in aice leat, agus
- Lucht Gnó Áitiúil.

Seo roinnt de na ceisteanna ar chóir don ghrúpa oibre a chur orthu féin ón tús:

- Cé mhéad duine a bheidh sa ghrúpa?
- Cé a bheidh mar chathaoirleach nó comhordaitheoir?
- Cé chomh minic is a bhuaifidh an grúpa oibre le chéile?
- Cén áit a mbuaifidh an grúpa le chéile?
- Cé a scríobhfaidh na miontuairiscí ag gach cruinniú?

Chun eolas a fháil faoi na Scoileanna um Chothaithe Sláinte déan teagmháil le do Rannóg um Chothú Sláinte – sonraí teagmhála ag **[www.healthpromotion.ie](http://www.healthpromotion.ie)**

Chun eolas a fháil ar na Scoileanna Glasa, féach ar **[www.greenschools.ie](http://www.greenschools.ie)**

Chun eolas a fháil ar Bhratach do Scoileanna Gníomhacha, féach ar **[www.activeschoolflag.ie](http://www.activeschoolflag.ie)**

Chun eolas a fháil ar Thaisteal níos cliste, féach ar **[www.smartertravel.ie](http://www.smartertravel.ie)**





## Céim 3:

### Déan measúnú ar an staid ina bhfuil cúrsaí siúil faoi láthair

Is é an chéad thasc don ghrúpa oibre ná measúnú a dhéanamh ar an staid ina bhfuil cúrsaí siúil faoi láthair. Is bealach iontach é suirbhé taistil a dhéanamh sa scoil le haghaidh eolais a bhailiú faoi na modhanna taistil a úsáidtear faoi láthair chun teacht ar scoil. Ba chóir barúlacha agus moltaí na ndaltaí agus na dtuismitheoirí a iarraidh freisin. D'fhéadfadh grúpaí fócais, boscaí le moltaí a chur iontu, agus plé duine le duine maraon le plé le grúpaí atá ann cheana féin ar nós comhairlí tuismitheoirí agus daltaí, a bheith tairbheach. Is féidir an t-aiseolas ó na foinsí seo a úsáid chun an bealach is fearr a aimsiú le do scoil a chur ag siúl.

## Céim 4:

### Ullmhaigh Plean siúil

Tá an grúpa oibre freagrach as an bplean siúil a ullmhú. Ní mór don phlean a bheith sonrach, dírithe ar an ábhar agus réadúil.

Plean siúil scoile:

- Díreoidh sé intinn an ghrúpa oibre agus cuirfidh sé creat oibre ar fáil
- Déanfaidh sé tosaíochtaí agus príomhghníomhaíochtaí a shonrú,
- Leagfaidh sé amach spriocanna agus tréimhsí ama réadúla, agus,
- Déanfaidh sé na hacmhainní a aithint (iad siúd atá ar fáil cheana agus roinnt eile atá ag teastáil)

Tugann plean maith treoir maidir le cinntí a dhéanamh maraon le bonn daingean a leagan síos chun measúnacht a chur i gcrích. Ba chóir don phlean díriú ar na réimsí seo a leanas:

- Spriocanna,
- Gníomhaíochtaí atá beartaithe,
- Acmhainní atá ag teastáil,
- Liosta tascanna,
- Freagracht,
- Measúnú, agus
- Tréimhse ama.



## Gnéithe de phlean siúil scoile

Gné	Sampla
<b>SPRIOC</b> Cabhraíonn spriocanna soiléire leis an ngrúpa oibre chun díriú ar an aidhm. Úsáid an fhaisnéis a bailíodh sa suirbhé siúil agus i measúnuithe eile chun do chuid spriocanna a leagan amach	Faoi láthair siúlann 12% de na daltaí scoile chuig an scoil; d'fheadfadh sprioc a bheith agat go n-ardófaí an céatadán sin go 15% faoi dheireadh na scoilbhliana reatha.  Ní bhíonn líon ard de na daltaí scoile gníomhach ag am sosa faoi láthair. Ardaigh an líon daltaí a bhíonn gníomhach ag am sosa.
<b>GNÍOMHAÍOCHTAÍ ATÁ BEARTAITHE</b> Céard iad na gníomhaíochtaí a chuirfidh tú ar siúl chun cuidiú leat do chuid spriocanna a bhaint amach	Eagraigh lá gach seachtain i mí Dheireadh Fómhair (SAC- siúl ar an gCéadaoin) chun siúl chun na scoile
<b>ACMHAINNÍ AG TEASTÁIL</b> Acmhainní fisiciúla: céard iad agus cá bhfuil na hacmhainní fisiciúla ar féidir leat a úsáid  Daoine: cé hiad na daoine a d'fheadfadh cuidiú le do ghníomhaíocht	Acmhainní Fisiciúla: Sonraigh carrchlóis áitiúla nó áitreabh páirceála a d'fheadfadh daoine a úsáid chun páirceáil agus siúl. An bhfuil veist shofheicthe ar fáil do gach dalta agus duine fásta?  Daoine: Tuismitheoirí, Múinteoirí, Daltaí, Gardaí áitiúla, Maor Tráchtá Scoile.
<b>LIOSTA TASCANNA</b> Cén chaoi a ndéanfar na gníomhaíochtaí atá beartaithe agat?	Seol litir/bileog eolais chuig tuismitheoirí ag cur pleananna na scoile in iúl agus tabhair cuireadh dóibh páirt a ghlacadh sna pleananna, más féidir.  Úsáid cairt bhalla i ngach rang chun cuntas a choinneáil ar an méid daltaí a shiúlann chun na scoile gach lá.
<b>FREAGRACHT</b> Caithfear cúram tascanna ar leith a thabhairt do gach duine sa ghrúpa oibre chun a chinntiú go gcuirfear an obair i gcrích.	Príomhoide – Cuir pleananna siúil, na laethanta agus na bealaí in iúl do na Gardaí  Sue Power – scríobh litir eolais chuig na tuismitheoirí, tabhair do rúnaí na scoile  Jim Smith – iarr ar ollmhargaí áitiúla torthaí agus uisce a chur ar fáil i gcomhair na siúlóide.
<b>MEASÚNÚ</b> Insíonn an measúnú dúinn an bhfuil éifeacht cheart ag na gníomhaíochtaí, an bhfuil muid ag baint amach ár spriocanna. Tabharfaidh sé faisnéis dúinn chun clár a chur le chéile sa todhchaí. Ba chóir measúnú a bheith mar pháirt den chlár ón tús.	Déan athbhreithniú ar chairteacha balla an ranga.  Déan taifead den líon páistí agus tuismitheoirí a ghlacann páirt i dtionscnaimh  Ceistneoirí/suirbhéanna nó grúpaí plé le daltaí, tuismitheoirí agus foireann na scoile chun na beartaí a d'oibrigh go maith a phlé, na hathruithe ar chóir a dhéanamh, moltaí don todhchaí.
<b>TRÉIMHSE AMA</b> Leag amach an méid ama atá ar fáil, spriocanna ama srl.	SAC – gach Céadaoin ag tosú 14 Deireadh Fómhair ar feadh 8 seachtaine.  Seol litir chuig na tuismitheoirí ar an Luan 5 Deireadh Fómhair.



# Céim 5:

## Cuir an plan i bhfeidhm

Is ag an bpointe seo a chuirfidh tú an plan i bhfeidhm agus a ndéanfaidh tú maoirseacht ar an dul chun cinn atá á dhéanamh. Tá sé tábhachtach go gcoimeádfá pobal na scoile uilig ar an eolas agus ar a n-airdeall faoin bplan agus d'fhéadfaí roinnt de na modhanna seo a leanas a úsáid chun é seo a dhéanamh:

- Leabhráin agus bileoga eolais,
- Bratacha nó póstaer,
- Eolas ar chlár fógraí na scoile, nuachtlitir nó suíomh idirlín,
- Lá oiliúna foirne,
- Cruinnithe tuismitheoirí agus foirne,
- Cur i láthair gearr do thuismitheoirí, foireann agus daltaí, nó
- Lá Oifigiúil le haghaidh seolta a chur ar siúl.

D'fhéadfá triail a bhaint as cuid de na moltaí seo a leanas chun an scoil agus an grúpa oibre a choimeád spreagtha:

- **Poiblíocht tuillte go maith ag an scoil:** larr ar na meáin agus páipéir áitiúla teacht chuig cuid de na himeachtaí siúil agus an phoiblíocht a bheidh tuillte go maith ag an scoil a thabhairt don scoil. D'fhéadfaí níos mó poiblíochta a fháil dá ndéanfá imeacht a phleanáil ag an am céanna leis an Lá Náisiúnta Siúil nó le linn na míosa Idirnáisiúnta Siúil chun na Scoile.
- **Déan ar bhealach spraíúil é:** Cibé cineál imeacht siúil atá á phleanáil agat, bí cinnte go mbeidh SPRAOI do na daltaí agus na hoibrithe deonacha ina chroílár. Is féidir leat téama faoi leith a roghnú don imeacht. D'fhéadfadh lá le culaith bhréige a bheith i gceist, lá gan éide scoile, lá le gruaig ghiobach, hataí dhaidí na Nollag, Lá Domhanda na Leabhar nó Bliain Nua na Síneach.
- **Póintí:** D'fhéadfaí duaiseanna mar ghreamáin, seaicéid shofheicthe nó strapáí frithchaiteacha a bhronnadh orthu siúd a bhailíonn pointí ar chártaí taifid.
- **Teastais:** Bronn teastais ag deireadh an téarma scoile nó na scoilbhliana orthu siúd a rinne iarrachtaí sár-mhaith siúl chun na scoile agus a ghlac páirt in imeachtaí siúil i rith na scoilbhliana.
- **Nuachtlitir Scoile agus/nó suíomh idirlín:** Cuir imeachtaí ar taispeáint i nuachtlitir na scoile nó ar an suíomh idirlín, cuir grianghraif san áireamh.



*Páistí ó Scoil Náisiúnta Chrois Naofa na Trócaire i gCill Áirne a ghlac páirt sa Chlár um Thaisteal Gníomhach*





# Céim 6:

## Déan measúnú

Tá sé tábhachtach go ndéanfaí maoirseacht agus measúnú ar an bplean nuair a chuirtear i bhfeidhm é. Tá measúnú rí-thábhachtach chun a chinntiú go bhfuil an éifeacht cheart ag na gníomhaíochtaí pleanáilte.

Cuidíonn an measúnú freisin nuair a bhítear ag leagan amach cláir don todhchaí. Cinntigh go bhfuil measúnacht mar pháirt den chlár ón tús. D'fhéadfadh na ceisteanna seo a leanas a bheith áisiúil nuair a smaoiníonn tú ar an measúnú:

- Céard ba mhian linn a bhaint amach?
- Cén chaoi a ndéanfaidh muid na torthaí a thomhas?

Seo roinnt de na ceisteanna ar chóir don ghrúpa oibre a fhiafraí díobh féin go rialta an fhad is atá siad ag cur an tionscnamh i bhfeidhm:

- Cén dul chun cinn atá déanta againn?
- Céard atá ag obair go maith?
- Céard atá le hathrú nó céard atá le fágáil ar lár?
- Cén chaoi ar féidir dul i ngleic leis na ceisteanna seo?
- An bhfuil muid ag bailiú agus ag taifeadadh sonraí agus eolas tábhachtach?
- An bhfuil tacaíocht againn ón bhfoireann, tuismitheoirí agus daltaí?





# Ábhair eile le cur san áireamh

Nuair a bhíonn tú ag cur aon athrú i bhfeidhm, caithfidh tú féachaint ar na cúiseana a thugann daoine gan an t-athrú sin a dhéanamh.

Roinnt cúiseanna gan bheith ag siúl	Moltaí réitigh
<b>Níl dóthain ama agam</b>	<p>Ar feadh seachtaine amháin, taifead an méid ama a thóg sé teacht ar scoil sa charr (cuir san áireamh an méid ama a thógann sé na páistí a chur isteach sa charr, an méid ama a bhíothas ag suí i dtranglam tráchta agus ag lorg áit pháirceála in aice na scoile).</p> <p>Ar feadh seachtaine amháin, taifead an méid ama a thóg sé siúl ar scoil.</p> <p>Déan comparáid idir an dá sheachtain.</p>
<b>Tá an t-achar idir an baile agus an scoil ró-fhada chun é a shiúl</b>	<p>Tiomáin cuid den bhealach ar scoil, páirceáil an carr agus siúl an chuid eile den bhealach (Páirceáil agus Siúl).</p>
<b>Tá na bóithre ró-ghnóthach agus níl siad feiliúnach le haghaidh siúil</b>	<p>Is iad na tuismitheoirí a bhíonn ag tiomáint na bpáistí chun na scoile agus á mbailiú ón scoil is cúis le 80% den trácht ar na bóithre in aice scoileanna.</p> <p>Smaoinigh ar :</p> <p>Áiteanna sábháilte, sainnithe chun páistí a fhágáil nó stáisiúin pháirceála atá scoite amach ón scoil.</p> <p>Déan suirbhé siúil.</p> <p>Comhoibriú leis an údarás áitiúil chun an bealach is sábháilte chun na scoile a aimsiú agus na hoibreacha feabhsúcháin ata ag teastáil a shonrú.</p>
<b>Níl scileanna maithe maidir le sábháilteacht bóithre ag páistí</b>	<p>Bain úsáid as na hacmhainní ar leathanach 10 chun scileanna sábháilteachta bóithre a mhúineadh do pháistí.</p>
<b>Droch aimsir</b>	<p>Gléasadh ceart don aimsir.</p> <p>Buataisí rubair agus cótaí báistí.</p> <p>Siúl go tapa chun fanacht te teolaí in aimsir fhuar.</p>
<b>Málaí Scoile troma</b>	<p>Spás a chur ar fáil sa scoil chun feisteas spóirt agus leabhair nach bhfuil ag teastáil d'obair bhaile a stóráil.</p>



## Sábháilteacht

Is gné tábhachtach d'aon tionscnamh scoile í an tsábháilteacht. Cé gur ar an tuismitheoir atá an fhreagracht scoileanna sábháilteachta chun siúl chun na scoile a mhúineadh dá bpáistí, is féidir leis na scoileanna sábháilteacht a chothú tríd an cód sábhála a mhúineadh.

- **Seiceáil le d'Údarás Áitiúil** – Tá Oifigigh Sábháilteachta Bóithre agus Oideachais ag a lán de na hÚdaráis Áitiúla agus cuireann siad oiliúint maidir le sábháilteacht ar bhóithre ar fáil i scoileanna.
- **Seiceáil leis na Gardaí áitiúla** – D'fhéadfaidís eolas a chur ar fáil faoi shábháilteacht bóithre agus freisin a bheith páirteach i do thionscnamh siúil.
- **Déan teagmháil leis an Údarás um Shábháilteacht ar Bhóithre** – Oibríonn siad le scoileanna chun sábháilteacht ar bhóithre a chur chun cinn agus oiliúint maidir le sábháilteacht a chur ar fáil. Tá réimse bileoga, DVD agus Dlúthdhioscaí acu ar nós na bileoige 'Going to School Safely', an Dlúthdhiosca 'Cód Sábhála' agus an suíomh idirlín [www.safetoschool.ie](http://www.safetoschool.ie).

Seoladh Phost:

[www.rsa.ie](http://www.rsa.ie)

An tÚdarás um Shábháilteacht ar Bhóithre,  
Páirc Ghnó Ghleann na Muaidhe,  
Cnoc an tSabhaircín, Béal an Átha, Co. Mhaigh Eo

Fón: 096 25000 nó  
Íosghlao 1890 50 60 80

## Bainistiú Tráchta

Fuarthas amach go gceapann daoine go bhfuil sé níos sábháilte siúl nó rothaíocht ar bhóthar faoi leith má íslítear an luas ina mbíonn feithiclí ag gluaiseacht trí bhearta moillithe tráchta. Úsáideann Údaráis Áitiúla pleananna bainistíochta tráchta chun luas feithiclí a íslíú. Is féidir iad seo a úsáid mar chuid den scéim Bealaí níos Sábháilte chun na Scoile. Tá réimse leathan bearta a chuideodh le luas tráchta a íslíú, ar nós iad seo a leanas:

- Trasrian coisithe, ar nós Síogach/Peileacánach/Túcánach/Puifíneach.
- Bearta moillithe tráchta, ar nós:
  - Gnéithe a bhaineann le bealaí isteach,
  - Síntí starracha,
  - Mion-oileáin thráchta,
  - Uchtóga moillithe,
  - Tulóga moillithe,
  - Criosanna 30 km/u,
  - Ceamaraí luais,
  - Teorannú do choisithe,
  - Dromchla bóithre agus línte bána, nó
  - Lánaí rothar.

Beidh ort comhoibriú le d'Údarás Áitiúil nó na comhairleoirí cathrach/contae áitiúla chun cinneadh a dhéanamh faoi na bearta ab fhearr don scoil agus iad a chur i bhfeidhm.



# Ag siúl chun na Scoile

Taispeánann na figiúirí go bhfuil íslíú tagtha ar an méid páistí a shiúlann ar scoil anois, i gcomparáid leis an méid páistí den ghlúin roimhe seo a bhíodh ag siúl ar scoil. Is bealach measartha saor agus éasca é an siúl chun na scoile, nó cuid den bhealach le breis gníomhaíochta coirp a shníomh isteach i ngnáthshaol laethúil an pháiste agus an duine fásta.

Téann siúl chun na scoile chun leasa do pháistí, do phobal iomlán na scoile agus don timpeallacht. Má shiúlann páistí chun na scoile beidh níos mó deiseanna acu chun a bheith:

- Gníomhach,
- Sóisialta – buaileadh le cairde agus páistí eile,
- neamhspleách, agus
- mar pháirt dá bpobal.

Tairbhe don timpeallacht agus pobal uile na scoile de bharr:

- Leibhéal níos ísle tráchta timpeall ar gheataí na scoile agus sna ceantair mórthimpeall, agus an bealach á dhéanamh níos sábháilte do gach duine atá ag teacht ar scoil;
- Níos lú tráchta, go ginearálta, agus níos lú truaillithe aeir dá bharr sin ;
- tugann sé deis scileanna sábháilteachta ar bhóithre a mhúineadh; agus
- cuidíonn sé le páistí agus a dteaghlaigh aithne níos fearr a chur ar chomharsanacht na scoile.

## Samplaí de Thionscnaimh siúil

Is féidir leat roinnt rudaí a dhéanamh chun do scoil (daltaí, múinteoirí agus tuismitheoirí) a spreagadh chun níos mó siúil a dhéanamh. Seo roinnt samplaí:

- Suirbhé siúil
- SAC (Siúl ar an gCéadaoin) nó SUS (siúl uair sa tSeachtain)
- Dúshlán - Ag Siúl an Domhain
- Páirceáil agus Siúl
- Bus siúil scoile
- Mí idirnáisiúnta siúil chun na scoile – Deireadh Fómhair
- Dúshlán – An Bhróg Órga
- Dúshlán Céimeanna ar Scoil – 10,000 coiscéim

## References

- 5 An Phríomhoifig Staidrimh,(2006) Daonáireamh Imleabhar 12: Taisteal chun na hoibre, scoil, agus coláiste.



## Suirbhé siúil

Is túsphointe maith é an suirbhé siúil chun tionscnamh siúil scoile a phleanáil. Iarr ar na daltaí suirbhé a líonadh amach den bhealach a dtéann siad ar scoil. Beidh eolas luachmhar sa suirbhé chun gníomhaíochtaí a phleanáil ar nós ‘Páirceáil agus Siúl’, Bus siúil scoile, nó laethanta SAC/SUS. Cuideoidh sé le béim a chur ar shábháilteacht agus ar ábhair eile ar feadh an bhealaigh ar scoil agus d’fhéadfaí é a úsáid chun stocaireacht a dhéanamh chuig an údarás áitiúil maidir le feabhsúcháin atá ag teastáil.

## Laethanta SAC/SUS

Spreagann feachtas mar Siúl ar an gCéadaoin nó Siúl Uair sa tSeachtain daltaí agus múinteoirí chun siúl ar scoil agus/nó abhaile, ar a laghad, uair sa tseachtain. Is féidir an scéim seo a chur ar bun ar feadh tréimhse faoi leith i rith na scoilbhliana, ar nós téarma, nó uair sa mhí nó ar bhonn leanúnach ar feadh na bliana. Is féidir na daltaí a ghríosadh trí chairt a chur ar bhalla an ranga nó cárta taifid a choimeád chun cuntas a choimeád ar an méid laethanta SAC/SUS ina raibh siad páirteach. Is féidir suaitheantais agus teastais a bhronnadh nuair a bhíonn líon áirithe laethanta déanta acu. D’fhéadfaí sóláistí nó torthaí a chur ar fáil ar maidin dóibh siúd a ghlacann páirt sna laethanta SAC/SUS. Thosaigh an feachtas SAC/SUS nó WOW (walk once a week/Wednesdays) sa Bhreatain – chun tuilleadh eolais a fháil féach ar an suíomh idirlín [www.walktoschool.org.uk](http://www.walktoschool.org.uk).

## Páirceáil agus Siúl

Oibríonn Páirceáil agus Siúl ar an tsli chéanna leis an scéim Páirceála agus Taistil in a lán bailte agus cathracha. Iarrtar ar thuismitheoirí a thiomáineann a gcuid páistí ar scoil de ghnáth, páirceáil in áit scoite amach ó gheata na scoile (de ghnáth in áit éigin sainnithe) agus ansin siúl leis na páistí nó ligean do na páistí féin an chuid dheiridh den turas chun na scoile a shiúl. Is féidir leis an scoil ar fad a bheith páirteach sa scéim SAC/SUS tríd an scéim pháirceála agus Siúl, go háirithe iad siúd a chónaíonn achar fada ón scoil, nó na thuismitheoirí a thiomáineann chuig a gcuid oibre, taréis na páistí a fhágáil ar scoil.

Bheadh cuid de na láithreacha seo a leanas áisiúil mar stáisiúin Pháirceála agus Siúil:

- Carrchlóis siopaí,
- Carrchlóis Phoiblí,
- Carrchlóis Hallaí Pobail nó Eaglaisí, nó
- Stráicí ciúine ar an mbóthar, píosa ón scoil, nach gcuirfidh isteach ar áitritheoirí áitiúla.

Ní mór cead a fháil ó úinéirí/bainisteoirí agus labhairt le háitritheoirí áitiúla a mbeadh éifeacht ag an scéim orthu. Déan iarracht níos mó ná láthair amháin a aimsiú chun plódú a sheachaint.

## Bus Siúil Scoile

Séard atá i gceist le Bus Siúil Scoile ná oibrithe deonacha fásta ag tionlacan na bpáistí agus iad ag siúl chun na scoile ar bhealach atá socraithe. Ba chóir go mbeadh ar a laghad beirt fhásta le gach grúpa de 12 go 15 páiste. Bailítear na páistí ag stadanna sonraithe ar an mbealach ag amanna atá socraithe roimh ré. D’fhéadfadh an bus siúil a bheith ina háis iontach do thuismitheoirí chun freagracht an turais chun na scoile a roinnt agus ag an am céanna ag tabhairt deis do pháistí, a théann ar scoil sa charr de ghnáth, siúl chun na scoile.

Chun tuilleadh eolais a fháil le bus siúil scoile a bhunú, íoslódáil cóip de “Walking School Bus” Start Up Pack ó Pháirtnéireacht Spóirt Phort Láirge ag an suíomh idirlín [www.waterfordsportspartnership.ie/walking](http://www.waterfordsportspartnership.ie/walking).



## Deireadh Fómhair = Mí idirnáisiúnta Siúil chun na Scoile

Is í mí Dheireadh Fómhair an mhí atá sainnithe mar Mhí idirnáisiúnta Siúil chun na Scoile. Tosaigh do chlár Siúl chun na Scoile nó cuir an smaoineamh um shiúl ar scoil chun cinn ag an am seo. Glacann 42 tír agus na milliúin daoine páirt san imeacht siúil seo gach bliain. Thosaigh an imeacht sa Bhreatain ar dtús in 1994.

Seo cuid de chuspóirí Mhí idirnáisiúnta Siúil chun na Scoile:

- Gníomhaíocht choirp a spreagadh trí scileanna chun tabhairt faoin siúl ar bhealach sábháilte a mhúineadh do pháistí, maraon le bealaí sábháilte chuig an scoil a aimsiú agus buntáistí a bhaineann le siúl a chur in iúl.
- Tuisceant a mhúscailt ar chomh héasca is atá siúl don phobal agus mar is féidir feabhsúcháin a dhéanamh.
- Cúram don timpeallacht a mhúscailt.
- Laghdú tranglainm thráchtá, truailliú agus luas in aice le scoileanna.
- Am tairbheach a chaitheamh le ceannairí áitiúla pobail, tuismitheoirí agus páistí.

Tuilleadh eolais agus samplaí de ghníomhaíochtaí do Mhí idirnáisiúnta Siúil chun na Scoile ar fáil ar an suíomh idirlín [www.iwalktoschool.org](http://www.iwalktoschool.org).

## Dúshlán na Bróige Órga

Faigheann daltaí pointí nuair a shiúlann siad chun na scoile. Déantar na pointí a thaifeadh ar chairt bhalla sa seomra ranga. Suimítear an t-iomlán pointí do gach seachtain ag deireadh thréimhse áirithe agus buann an rang nó an grúpa leis an méid is mó pointí an Bhróg Órga. Is féidir an comórtas a réachtáil gach seachtain, mí nó téarma. Is féidir é a réachtáil i rang amháin nó ar fud na scoile uile. I roinnt scoileanna ina réachtáiltear an comórtas thar roinnt seachtainí, bíonn cead ag gach dalta sa rang a bhuann an Bhróg Órga í a thabhairt abhaile oíche amháin.

## Bealaí siúil agus gníomhaíochtaí áitiúla

Spreag do scoil chun páirt a ghlacadh i ngníomhaíochtaí/féilte siúil atá eagraithe ag gníomhaireachtaí lasmuigh nó an pobal áitiúil, mar shampla, siúl do “Lá Domhanda an Chroí” le Foras Croí na hÉireann agus Lá Náisiúnta na gConairí. Aimsigh bealaí siúil áitiúla agus úsáid iad le haghaidh turais fhiadhúlra a eagrú nó chun tíreolaíocht nó stair a mhúineadh. D’fhéadfadh bealaí Slí na Sláinte de chuid Foras Chroí na hÉireann nó Conair stairiúla a bheith san áireamh sna bealaí siúil áitiúla. Is féidir leis an scoil laethanta siúil teaghlaigh a eagrú ar bhealaí siúil áitiúla chun cuidiú le hiarrachtaí an siúil a chur chun cinn agus airgead a bhailiú don scoil.





# Ag siúl sa Scoil

## Dúshlán coiscéimeanna ar scoil

Is do dhaltaí rang a cúig agus rang a sé sa bhunscoil, daltaí meánscoile agus do mhúinteoirí an dúshlán seo. Usáideann daltaí áiritheoir coiscéimeanna chun an líon coiscéimeanna a thógann siad gach lá a thaifead. Déanann na daltaí iarracht cur leis an méid coiscéimeanna a thógann siad thar thréimhse ceithre seachtaine. Ba chóir go mbeadh sé de sprioc acu 10,000 coiscéim sa lá a dhéanamh faoi dheireadh na tréimhse ceithre seachtaine. Déan teagmháil le d'oifig um Chothaithe Sláinte áitiúil nó Foras Croí na hÉireann chun cuidiú leat an Dúshlán coiscéimeanna a eagrú. D'fheadfá áiritheoirí coiscéimeanna a fháil ar iasacht.

## Dúshlán 'Siúil an omhan'

Spreagann 'Dúshlán Siúil an Domhain' daltaí chun siúil le linn ranganna ina mbítear ag múineadh tíreolaíochta nó matamaitice.

Ar dtús oibríonn na daltaí amach go garbh cé chomh fada is a thógann sé orthu siúl chun na scoile. D'fheadfadh an chairt seo thíos cabhrú leo:

Ciliméadair	Mílte	Siúl tapa	Siúl measartha/ géar	Siúl go réidh
1	0.62	7 nóim	10 nóim	12.5 nóim
2	1.24	14 nóim	20 nóim	25 nóim
3	1.86	21 nóim	30 nóim	37.5 nóim
4	2.48	28 nóim	40 nóim	50 nóim
5	3.11	35 nóim	50 nóim	62.5 nóim
6	3.73	42 nóim	60 nóim	75 nóim

Mar shampla, tógfaidh sé 10 nóiméad ar dhalta siúl chun na scoile (ag siúl go géar) má tá sé/sí ina chónaí thart ar 1 ciliméadar ón scoil.



Ansin, roghnaigh turas, mar shampla, ó Éirinn go Sasana, roghnaigh an bealach a thógfaidh tú agus ríomh cé chomh fada is atá sé. Coinníonn na daltaí taifead don mhéid a shiúlann siad gach seachtain. Suimítear an t-iomlán ag deireadh na seachtaine agus déantar an comhartha marcála ar an léarscáil a bhogadh an t-achar a rinneadh.

De réir mar a bhogann na daltaí ar aghaidh ar an turas, is féidir leo bheith ag foghlaim faoi na tíortha agus na cultúir dhifriúla. D'fhéadfadh an scoil ar fad a bheith páirteach i dturas níos faide, mar shampla, ó Éirinn go dtí an Astráil!

### Bain triail as roinnt díobh seo:

Turas	Ciliméadair	Mílte
Ceann Mhálanna go Carn Uí Néid (Dún na nGall go Corcaigh)	620	385
Imeallbhord uile na hÉireann	5631	3,500
Éire go Sasana (Baile Átha Cliath go Londain)	462.60	287.46
Éire go dtí an Iodáil (Baile Átha Cliath go dtí an Róimh)	1885	1171
Éire go dtí an Fhrainc (Baile Átha Cliath go Páras)	776.83	482.72
Éire go dtí an Astráil	15,696	9,753

## Conair siúil scoile

Leag amach conair shiúil ar fhearann na scoile nó laistigh den scoil. Déan amach fad na conaire – cuir comharthaí marcála nó postaeir ar feadh an bhealaigh chun aird a dhíriú air agus an fad a léiriú (ciliméadair, méadair nó coiscéimeanna). Ba chóir léarscáil den bhealach le heolas faoina fhad agus an méid ama a thógann sé len a chríochnú, a bheith ar taispeáint go soiléir ag pointe tosaithe an bhealaigh.

D'fhéadfaí na comharthaí a dhéanamh sa rang miotalóireachta nó adhmaadóireachta agus d'fhéadfadh daltaí sa rang ealaíne cuidiú i ndearadh na gcomharthaí. Ba chóir na daltaí agus an fhoireann a spreagadh chun an chonair siúil a úsáid chomh minic agus is féidir, ag amanna sosa, go háirithe.

Smaoinigh ar na pointí seo:

- Cén áit go díreach a mbeidh an chonair tú agus cá mbeidh an túsphointe agus ceann scríbe?
- Cén chaoi a ndéanfaidh tú amach an fad? m.sh. coiscéimeanna, ciliméadair srl.
- Am – Cé chomh fada is a thógann sé an tsiúlóid a chríochnú? m.sh. 10 –15 nóiméad.

*Bealaí le breis siúil agus coiscéimeanna a dhéanamh laistigh*

Siúl laistigh – siúl agus cómhra Bealach siúil laistigh sna pasáistí scoile	Líne Chonga	Céimeanna le ceol (ina mbítear ina suí)	Déan Taobh Scuabáil ‘Ice Age’ (clár bán idirghníomhach)
Breis coiscéimeanna – Oibríocht Athraithe (clár bán idirghníomhach)	Damhsa – Stíl Gangnam (clár bán idirghníomhach Just Dance 4)	Damhsa Líne – Damhsa Chúipid, Damhsa an tSicín, Achy Breaky Heart.....	Simon says....
Damhsa saorstíle le gach cineál ceoil (roghnaigh buillí 120-130bsn)	Aerobaic Chathaoireach	Máirseáil ar an spota le Solas dearg (stop), Solas glas (bog), preabadh, bogshodar, scipeáil, cosa in airde, seacléimneach	Déan an ‘Macarena’
Damhsa/ Taobhshleamhnú le ‘Walk it out’ ‘Happy Feet’ (clár bán idirghníomhach)	Briseadh Gafa (Acmhainn ó Fhoras Croí na hÉireann)	Damhsa/ Taobhshleamhnú le ceol mar ‘I like to move it’ ‘Madagascar’ (clár bán idirghníomhach)	Siúl Taobh istigh – siúl na bpasáistí ar fad sa scoil

*Bealaí chun breis siúil agus coicéimeanna a dhéanamh amuigh*

Conair mhatamaitice <a href="http://www.mathsweek.ie/2011/puzzles/maths-trail">www.mathsweek.ie/2011/puzzles/maths-trail</a>	Cleas na bacóide	Cnocadóireacht.. Club siúil scoile	Conair thóraíochta taisce nó ócáidí glantacháin dúlra
Treodóireacht	Cuairteanna timpeall an chlóis	Rásanna sealaíochta siúil le rangana eile	Cúrsa gníomhaíochta
Cluichí Scipeála	Bac-chúrsa	Siúl chuig snámh/ séipéal/leabharlann	Druileanna airm – máirseáil, cúirtéisí..

*Lean na naisc seo a leanas ar shuíomh idirlín SFGM (an tSeirbhís um Fhorbairt Ghairmiúil do Mhúinteoirí (PDST) chun breis smaointe mar atá leagtha amach sa churaclam. a fháil chun siúl a chur chun cinn:*

**[www.pdst.ie/fieldwork/trails](http://www.pdst.ie/fieldwork/trails)**

**[www.pdst.ie/outdoor-and-adventure-activities](http://www.pdst.ie/outdoor-and-adventure-activities)**



# Suíomhanna Idirlín Áisiúla:

## [www.getirelandactive.ie](http://www.getirelandactive.ie)

Seo suíomh idirlín atá tiomnaithe chun eolas a chur ar fáil maidir le gníomhaíocht choirp, ar nós an tairbhe a bhaineann léi, cén chaoi a gcuirfeá tús léi, leideanna chun fanacht spreagtha agus tá roinn chuimsitheach acmhainní ar an suíomh freisin. Is féidir leat na gníomhaíochtaí coirp atá ar fáil i do cheantar a chuartú ar an suíomh.

## [www.getirelandwalking.ie](http://www.getirelandwalking.ie)

Is tionscnamh náisiúnta é 'Éire a chur ag Siúl' (Get Ireland walking) chun an méid daoine agus is féidir a chur ag siúl ar mhaithe leis an tsláinte, folláine agus aclaíochta ar fud na hÉireann.

## [www.pdst.ie](http://www.pdst.ie)

An tSeirbhís um Fhorbairt Ghairmiúil do Mhúinteoirí (SFGM). Is í aidhm SFGM forbairt ghairmiúil agus tacaíocht den scoth a chur ar fáil le haghaidh múinteoirí agus scoileanna a chumasú chun an t-oideachas is fearr a chur ar fáil do gach dalta/macléinn.

## [www.irishprimarype.com](http://www.irishprimarype.com)

Tá an cumann IPPEA tiomnaithe chun aird a tharraingt ar ghnéithe a bhaineann le corpoideachas i mbunscoileanna agus tá sé d'aidhm acu gníomhaíocht choirp a chur chun cinn i gcomhthéacs an oideachais.

## [www.peai.org](http://www.peai.org)

Is eagraíocht dheonach é Cumann Corpoideachais na hÉireann a dhéanann ionadaíocht thar ceann mhúinteoirí corpoideachais ag gach leibhéal sa chóras oideachais. Tá sé d'aidhm acu caighdeán agus gníomhaíocht chorpoideachais a fheabhsú, maraon leis an taighde a chraobhscaoileadh, dea-thionchar a bheith acu ar pholasaí agus cur le feasacht an phobail.



Páistí ó Scoil Náisiúnta Chrois Naofa na Trócaire i gCill Áirne a ghlac páirt sa Chlár um Thaisteal Gníomhach.



### **[www.irisheart.ie](http://www.irisheart.ie)**

Is eagraíocht charthanachta náisiúnta a théann i ngleic le stróc agus galar croí é Foras Croí na hÉireann. Tá páirt faoi leith a bhaineann le bealaí siúil poiblí Shlí na Sláinte ar an suíomh idirlín.

### **[www.irishsportsCouncil.ie](http://www.irishsportsCouncil.ie)**

Tá sé d'aidhm ag Comhairle Spóirt na hÉireann forbairt inmharthana spóirt iomaíoch agus fóillíochta a phleanáil, a threorú agus a chomhordú in Éirinn. Tá nasc chuig do Pháirtnéireacht Spóirt Áitiúil ar an suíomh idirlín.

### **[www.greenschools.ie](http://www.greenschools.ie)**

Is clár agus scéim ghradaim idirnáisiúnta um oideachas timpeallachta é na Scoileanna Glasa. Cothaíonn agus tugann scoileanna glasa aitheantas do ghníomhaíochtaí timpeallachta fadtéarmacha scoile uile. Is féidir acmhainní taistil ar nós piciúir agus tascanna don rang a íoslódáil.

### **[www.activeschoolflag.ie](http://www.activeschoolflag.ie)**

Sheol an Roinn Oideachais Bratach do Scoileanna gníomhacha in 2009. Is tionscnamh neamh-iomaíoch é a thugann aitheantas do scoileanna (bunscoileanna agus iarbhunscoileanna) a chuireann corpoideachas, gníomhaíocht choirp chomhchuraclaim agus cláir spóirt d'ardchaighdeán ar fáil dá gcuid daltaí.

### **[www.smartertravel.ie](http://www.smartertravel.ie)**

Cuireann an suíomh seo eolas áisiúil ar fáil faoi thiomantas an Rialtais i leith taistil inmharthana in éarnálacha éagsúla ar nós ionaid oibre, scoileanna agus sa phobal.

### **[www.iwalktoschool.org](http://www.iwalktoschool.org)**

Tugann an suíomh seo eolas faoi thábhacht an imeachta idirnáisiúnta, “Siúl chun na Scoile”, cé atá ag siúl ar fud an domhain agus conas a bheith páirteach san imeacht.

### **[www.discoverireland.ie/Things-To-Do/Activities-and-Adventure/Walking-and-Hiking/Find-a-Walk](http://www.discoverireland.ie/Things-To-Do/Activities-and-Adventure/Walking-and-Hiking/Find-a-Walk)**

- Siúlóidí lae roghnaithe
- Siúlóidí Lúibe
- Conair shiúil shlímharcáilte

### **[www.coillteoutdoors.ie](http://www.coillteoutdoors.ie)**

Tá breis is 150 suíomh fóillíochta ag Coillte, príomhchomhlacht foraoiseachta na hÉireann. Cliceáil ar chontae ar an léarscáil ar líne chun liosta a fháil do na suíomhanna fóillíochta seo agus gheobhaidh tú sonraí de na conair agus áiseanna atá ar fáil agus is féidir leat léarscáileanna a íoslódáil freisin.

### **[www.irishtrails.ie](http://www.irishtrails.ie)**

- Rothaíocht – Easbhóthair: Conair do leibhéal íseal rothaíochta nó rothaíocht éasca (feiliúnach)
- Rothaíocht – Ar an mbóthar: bealaí rothaíochta slímharcáilte ar bhóithre poiblí.
- Conair do Rothaíocht sléibhe: Conair theicniúla nó shlímharcáilte feiliúnach do rothaíocht sléibhe amháin.
- Glasbhealaí: Conair atá feiliúnach do shiúl agus rothaíocht.

### **[www.beactiveasap.ie](http://www.beactiveasap.ie)**

Tugann FnaSS tacaíocht don chlár gníomhaíochta taréis scoile atá dírithe ar mhúinteoirí bunscoile le tacaíocht ó thuismitheoirí chun é a chur chun cinn sa scoil. fadtéarmacha scoile uile. Is féidir acmhainní taistil ar nós piciúir agus tascanna don rang a íoslódáil.





Tá réimse uirlisí áisiúla ar [www.hse.ie/schoolswellbeing](http://www.hse.ie/schoolswellbeing).

## Cártaí Taifid – Seachtain amháin/Ceithre Seachtaine

**Ag Siúl ar Scoil**  
Cárta Taifid Scoile – Seachtain Amháin

**Áite:**  **Temp:**

1. Dáthlagh cos amháin do gach léim den treochtán a shéanann tú ar scoil.  
2. Dáthlagh le léim agus agallán ar an t-áit.  
3. Níl chuidiú le léim agallán ar an t-áit ar an t-áit.  
4. Níl chuidiú le léim agallán ar an t-áit ar an t-áit.  
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9. Níl chuidiú le léim agallán ar an t-áit ar an t-áit.  
10. Níl chuidiú le léim agallán ar an t-áit ar an t-áit.

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Seachtain 2										
Seachtain 3										
Seachtain 4										
Seachtain 5										
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Seachtain 8										
Seachtain 9										
Seachtain 10										

Seachtain Amháin

**Ag Siúl ar Scoil**  
Cárta Taifid Scoile – Ceithre Seachtaine

**Áite:**  **Temp:**

1. Dáthlagh cos amháin do gach léim den treochtán a shéanann tú ar scoil.  
2. Dáthlagh le léim agus agallán ar an t-áit.  
3. Níl chuidiú le léim agallán ar an t-áit ar an t-áit.  
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10. Níl chuidiú le léim agallán ar an t-áit ar an t-áit.

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Seachtain 9										
Seachtain 10										

4 Seachtaine

## Ceistneoir Tuismitheoirí/Daltaí

**Ceistneoir Tuismitheoirí/Daltaí**

1. Cén áit a léiríodh do chuid páirtí?

2. Cén ceantar óna dteachtáil do siúl agallán ar an t-áit?

3. Cén áit a léiríodh do chuid páirtí chug an t-áit?

4. Cén áit a léiríodh do chuid páirtí chug an t-áit?

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9. Cén áit a léiríodh do chuid páirtí chug an t-áit?

10. Cén áit a léiríodh do chuid páirtí chug an t-áit?

## Teastais do Shiúl chun na Scoile – Rannpháirtíocht/Ór/Airgead/Cré-umha

**Teastas 'Ag Siúl ar Scoil'**

**Comhghairdeas le**

ar bronnadh Teastas Rannpháirtíochta as a bheith ag siúl ar Scoil

Príomhaire na Scoile

Leas príomhaire na Scoile

Dáta

**Teastas 'Ag Siúl ar Scoil'**

**Comhghairdeas le**

ar bronnadh Teastas Cré-umha as a bheith ag siúl ar Scoil

Príomhaire na Scoile

Leas príomhaire na Scoile

Dáta

**Teastas 'Ag Siúl ar Scoil'**

**Comhghairdeas le**

ar bronnadh Teastas Airgead as a bheith ag siúl ar Scoil

Príomhaire na Scoile

Leas príomhaire na Scoile

Dáta

**Teastas 'Ag Siúl ar Scoil'**

**Comhghairdeas le**

ar bronnadh Teastas Óir as a bheith ag siúl ar Scoil

Príomhaire na Scoile

Leas príomhaire na Scoile

Dáta

## Litr um Cheistneora Tuismitheoirí

**Litr um Cheistneora Tuismitheoirí**

1. An t-áit a léiríodh do chuid páirtí?

2. Cén ceantar óna dteachtáil do siúl agallán ar an t-áit?

3. Cén áit a léiríodh do chuid páirtí chug an t-áit?

4. Cén áit a léiríodh do chuid páirtí chug an t-áit?

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9. Cén áit a léiríodh do chuid páirtí chug an t-áit?

10. Cén áit a léiríodh do chuid páirtí chug an t-áit?

## WOW Evaluatón Letter

**WOW Evaluatón Letter**

1. An t-áit a léiríodh do chuid páirtí?

2. Cén ceantar óna dteachtáil do siúl agallán ar an t-áit?

3. Cén áit a léiríodh do chuid páirtí chug an t-áit?

4. Cén áit a léiríodh do chuid páirtí chug an t-áit?

5. Cén áit a léiríodh do chuid páirtí chug an t-áit?

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10. Cén áit a léiríodh do chuid páirtí chug an t-áit?

## Ceistneoir Meastóireachta WOW (SAC)

**Ceistneoir Meastóireachta WOW (SAC)**

1. An t-áit a léiríodh do chuid páirtí?

2. Cén ceantar óna dteachtáil do siúl agallán ar an t-áit?

3. Cén áit a léiríodh do chuid páirtí chug an t-áit?

4. Cén áit a léiríodh do chuid páirtí chug an t-áit?

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9. Cén áit a léiríodh do chuid páirtí chug an t-áit?

10. Cén áit a léiríodh do chuid páirtí chug an t-áit?

## Suirbhé Siúil

**Suirbhé Siúil**

1. An t-áit a léiríodh do chuid páirtí?

2. Cén ceantar óna dteachtáil do siúl agallán ar an t-áit?

3. Cén áit a léiríodh do chuid páirtí chug an t-áit?

4. Cén áit a léiríodh do chuid páirtí chug an t-áit?

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10. Cén áit a léiríodh do chuid páirtí chug an t-áit?

## Plean Siúil d'Ár Scoil

**Plean Siúil d'Ár Scoil**

Seachtain	1	2	3	4	5	6	7	8	9	10
Seachtain 1										
Seachtain 2										
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Seachtain 10										

# Buíochas

D'ullmhaigh An Rannóg um Chothaithe Sláinte, FnaSS an Deiscirt an treoirleabhar seo Ba mhaith linn buíochas a ghabháil leis na daoine seo a leanas a chuidigh le hullmhú an treoirleabhair seo:

Shirley O'Shea, Oifigeach Sinsearach um Chothaithe Sláinte, FnaSS an Deiscirt  
Anne Culloty, Oifigeach um Chothaithe Sláinte, FnaSS an Deiscirt  
Caroline Kelleher, Oifigeach um Chothaithe Sláinte, FnaSS an Deiscirt  
Sarah O'Brien, Faisnéis Sláinte, FnaSS an Deiscirt  
Páirtneaireacht Fóillíochta agus Spóirt Chiarraí  
Scoil Náisiúnta Chrois Naofa na Trócaire, Cill Árne  
Scoil Náisiúnta Mhainistir na Toirbhirte, Cill Árne  
Nuala O'Connor agus Michelle Flynn, Micléinn, Institiúid Theicneolaíochta Thrá Lí.

[www.getirelandactive.ie](http://www.getirelandactive.ie)

