International Walk to School Month

A message for parents / carers:

October is International Walk to School Month, when pupils around the globe celebrate the benefits of walking and wheeling to school.

Not only does walking provide benefits for our physical health, it also helps support our mental health and provides us with an opportunity to explore the world around us. In addition to this, opting to walk helps our environmental health by reducing the pollution around the school.

Walking to school with your child, or even parking a further distance away and walking the rest, can positively impact their transition to school. It is an opportunity to develop their speech and language skills and by the time they have walked to school, they will be more alert, engaged and ready to learn.

Use this calendar to check off the days you have walked to school.

			Thursday 1st	Friday 2nd
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd

Garlinge Primary School and Nursery

Walk to School Competition 2026

Garlinge Primary School & Nursery



Use this booklet to tick off the creatures that you see on your way to school during October's International Walk to School Month. Be sure to hand your booklet to your teacher at the start of next term to ensure your entry into the competition!

Name: _____

Class: _____

Small bird checklist:

☐  a robin

  a house sparrow ☐

☐  a blue tit

a goldfinch  ☐

☐  a blackbird

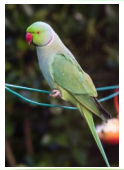
a chaffinch   ☐

Did you see any other small birds?
Make a note of them here:

Larger bird checklist :

☐  a herring gull

a collared dove  ☐

☐  a ring necked parakeet

a crow  ☐

☐  a magpie

a black-headed gull  ☐

Did you see any other large birds?
Make a note of them here:

More birds and other animals:

☐  a turtle dove

a fox  ☐

☐  a snail

a slug  ☐

☐  a butterfly

GALA!  ☐

Did you see any other animals?
Make a note of them here: