



Walktober Inspirational Stories School Competition Entry

Use the space below to share:

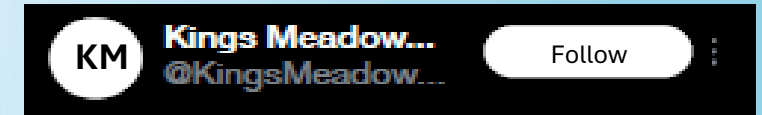
- how your school encouraged active and sustainable journeys during the month of October.
- how you promoted your school's inspirational Walktober journey stories and reports.

You could write a summary report of what you have done, or add photos, or snips/screenshots, or add quotes (perhaps from your pupils). You can be as creative as you like! Remember to 'save' your finished Walktober Inspirational Stories Summary.

School name: Kings Meadow Primary School
DfE number: 4321

Promotion

- ✓ Sent out parent and carer flyer.
- ✓ Our infant Eco-team helped our JRSOs to deliver the launch presentation in assembly.
- ✓ Added to the staff meeting agenda.
- ✓ Emailed all staff, parents and carers to ask for their inspirational stories.
- ✓ Our JRSOs hosted Walktober Journey Report sessions during five lunch times throughout October. Pupils could drop-in for support with creating their report or use the school computers.
- ✓ We launched and ran our Walktober Challenge.



Children can go drop in to the school library at lunchtime tomorrow where our JRSOs will be available to help them create their reports for the Walktober pupil competition.

Remember, every report will receive 20 Walktober Challenge points for their class. Plus, you will be able to enter your child's report in to the My Journey competition!!

To enter the school competition, please save your 'Walktober Inspirational Stories School Competition Entry' as a PDF document and then visit myjourneyhampshire.com/walktober to submit your entry by **Friday 7th November 2025**.

myjourneyhampshire.com/walktober

Walktober Challenge

At our staff meeting we came up with an idea to encourage more active travel and more use of our Park and Stride car park. Every class recorded, on a wallchart, each time a pupil walked, wheeled, scooted, cycled, used Park and Stride or the bus to get to school. A point was scored for each active, sustainable journey and if it was the first time they travelled that way it was a bonus 5 points!

The staff had a wallchart in the staff room, so it was the staff team against each class too.

When a pupil, parent, carer or member of staff came in with their Walktober Journey Report they were given 20 extra points!! Each report was shared in class or assembly and they were all published in the school newsletter each week.

The winning class was Squirrels, closely followed by Badgers...the staff didn't manage to get as many points as the pupils but did better than expected so were still rewarded with biscuits from a parent!

Kings Meadow Walktober Challenge Kicks Off!

For Walktober, we are running a fun and friendly challenge to encourage everyone to travel actively and sustainably and make the most of our Park and Stride car park on New Road.

Each class has a **Walktober wallchart** to record every time a pupil **walks, wheels, scoots, cycles, uses Park and Stride, or takes the bus** to school. Every active journey earns a point—and if it's the first time a pupil has travelled that way, they score a **bonus 5 points!**

Even the staff are getting involved, with their own wallchart in the staff room. It's **staff vs. classes** all month long!

To make things even more exciting, anyone who brings in a **Walktober Journey Report**—whether pupil, parent, carer, or staff—earns **20 extra points** for their class. These inspiring stories will be shared in class or assembly and published in the school newsletter each week.



My Walktober Journey Report Competition entry form

Full Name Age
School

What I see on my scoot to school

I like scooting to school with my dad and brother. Sometimes we talk as we scoot and sometimes we play games like eye spy. I see lots of things and my dad has taken photos of the best things. I like waving to our neighbour each morning it always makes us smile.



If somebody hasn't scooted before I'd tell them to practice starting and stopping, don't go too fast and have fun. Also, at my school to keep everyone safe we always walk with our scooters when we are in the playground.

Cycling to School

By Jake, Age 11

Since the start of term, I've been cycling to school – and honestly, it's been great.

Before I set off, I always check my bike using the M Check I saw on YouTube by Sustrans. That means making sure my tyres are pumped, brakes work properly, and everything's safe and ready to go.

My route includes some cycle paths, which makes the ride smoother and safer. It's actually quicker than the way down the road who gets a lift – I pass him most mornings while he's still waiting in traffic!

Cycling gives me a bit of freedom, and I arrive feeling more awake and ready for the day. Plus, it's better for the environment and means my parents don't have to deal with another car trip.

I'd definitely recommend it to anyone thinking about making the switch!

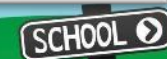
Kings Meadow Walktober Challenge Results!

After a month of active and sustainable travel, plus lots of inspiration, the results are in:

🐿 **Squirrels** took the top spot, closely followed by **Badgers**.

The staff team did come last—but were fantastic, so have been rewarded with biscuits from a very kind parent!

Let's keep the momentum going and continue to travel actively and sustainably—every journey makes a difference!



We had some wonderful reports sent in by our incredible parents and carers. These were a great to include in the school newsletter and the children enjoyed sharing their own parents' reports.

5 STEP MORNING COMMUTE



**STEP 1
LEAVE THE HOUSE**

**STEP 2
CYCLE TO SCHOOL**



**STEP 3
HAVE A NICE DAY!**

**STEP 4
PARK THE BIKE**



**STEP 5
RELAX ON
THE TRAIN**

DONE!



My Walktober Journey Report: Working in Winchester.

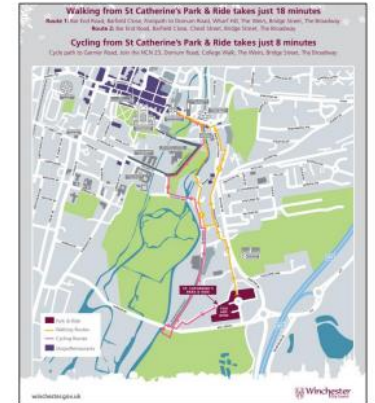
I work a combination of home working and working at an office in the centre of Winchester. 🏠

On the days I work in Winchester I don't have time for our usual walk to school, so my journey is:

- ❖ Take my children to Breakfast Club. We drive to the school's Park and Stride site, which is a pub car park, then walk from there to school. I prefer this to trying to get parked near the school which, even early on, gets a bit stressful! It is only a five-minute walk there and less back as I'm a bit quicker on my own! Plus it gives my children a bit of fresh air and activity first thing.
- ❖ Drive (often lift sharing with a colleague who I pick up on route) to the Park and Ride at St Catherine's or Barfields.
- ❖ I have an option to take the Park and Ride bus – sometimes I do this but always hop off a stop (or two) early, so I get some daily activity. 🚌
- ❖ However, most days, I walk from the car park - Park and Stride again. It takes around 20 minutes maximum, and it is a glorious walk! I usually go into Winchester via Winchester College walls and through Winchester Cathedral grounds. My return route is usually along The Weirs, following the River Itchen. 🌳👨👩👧👦

What I enjoy about my active journey:

- ❖ Getting daily exercise - this is good for both my physical and mental health.
- ❖ Immersing in nature – seeing the trees in the changing seasons, the flow of the river after rain, the swans and ducks, listening to the bird song...
- ❖ Community – there are lots of other people who also Park and Stride and it's lovely to say hello and feel connected!
- ❖ History – opportunity to see and learn about the history around me.
- ❖ Decompression time – at the end of a busy day, walking back to the Park and Ride allows my brain to relax and reset.



Some of the wonderful sights on my journey in to work!



The walk back via The Weirs – beautiful! ❤️



You get to see lovely art like this that you would miss if you were in a car!

My top tips:

- ❖ Make sure you are prepared for the weather conditions – for example having a hat on a hot day and having a waterproof jacket on a wet day. Don't let the weather stop you taking an active journey!
- ❖ Time – work out how long your walking journey will take and plan in any extra time needed (I would probably spend longer in a car stuck in traffic in Winchester than walking!)



Please insert a new slide if you need additional space.

SCHOOL ➔