

High School Active Travel: Year 7 Transition Guide

Context and background

This guide contains a series of recommendations and activities that will help encourage, model and reinforce active travel habits to your incoming Year 7 cohort and throughout the wider student population. It is recommended that several activities in this package are repeated annually to normalise active travel behaviour to each incoming Year 7 cohort.

Major life events and changes are known to be a catalyst for successful establishment of long-term habits¹, so the Year 7 transition represents an excellent opportunity to help families and students build independence and responsibility. Also, active travel to and from school presents a great opportunity for regular physical activity.

High School administrators and Your Move Champions looking to improve student active travel ratios and gain the benefits of improved learning outcomes and wellbeing² and improved school parking outcomes should implement the activities outlined in this guide, with support from the Year 7 transition coordinator and an established student team.

These activities have been designed by the Your Move team and successfully trialled at Baldivis Secondary College.



The Baldivis Secondary College 'Green Team' presenting a transition workshop to Year 6 students at Rivergums Primary School

¹ Carden & Wood (2018) 'Habit formation and change', *Current Opinion in Behavioral Sciences*

² Mackett & Paskins (2007) 'Children & Society'; Centres for Disease Control & Prevention (2017) 'Burn to Learn' [ONLINE] <http://MakingHealthEasier.org>



Overview

Your Move recommends completing the five activities in this guide to develop a culture of active travel throughout the school that is reinforced each year with a new Year 7 cohort. Each activity is outlined below with key responsibilities and links to additional support materials on the Your Move website.

The activities are:

1. Create a School Access Guide *(Review every three years after completion)*
2. Distribute Your Move communications *(Repeat every year)*
3. Independent Travel - Information for Parents *(Repeat every year)*
4. Student-led Year 7 Transition Workshop *(Repeat every year)*
5. Independent Active Travel Trip Planning *(Repeat every year)*

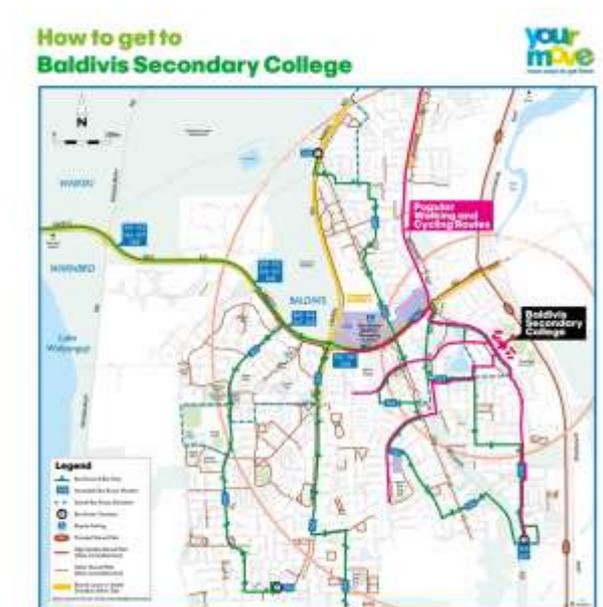
Completing the activities outlined in this guide and posting stories about them on the Your Move website will help your school earn points and rewards with Your Move. By completing Start and End of Year [Hands Up Surveys](#) as well, you'll have great opportunity to access [Connecting Schools Grant](#) funding as part of the Your Move program.

If you're new to Your Move, we recommend downloading and reading our [Champion's Guide](#) for information on how to get started with the program before commencing the activities in this guide.

1. Create a School Access Guide

A School Access Guide is a local area map outlining the safe and popular active travel routes to your school. Providing a map like this is a great way to show students, parents, staff and visitors how easy it is to walk, scoot, ride a bike or catch public transport to your school.

This activity provides a great opportunity for students to consider geographical concepts of place and location and develop data analysis and representation skills. Once the Access Guide is completed (with help from the Your Move team) you can make it available on your school website, in your newsletter, on Connect, or provide printed copies at the front desk, at orientation days or during staff inductions.



The Baldvis Secondary College School Access Guide

Who should be involved?

- Your Move Champion – Project coordination
- Student Team – Project support
- Your Move team – Map creation

Supporting resources

- [Create a School Access Guide](#) – Activity outline
- [Create an interactive Google My Map](#) – A handy collaborative tool to use during the creation of the Access Guide
- [Map Safe Routes to School](#) – Activity outline. This is a great activity to complete, however, the ‘Route Audit’ and ‘Crossing Points’ appendices contained in this activity may be helpful tools to use in the creation of your Access Guide.

2. Distribute Your Move communications

Using school communications channels to share Your Move messages with your school community is one of the easiest ways to support a culture of active travel at your school. The Your Move has made it even easier by creating an awesome communications pack to help you get started!

The communications pack contains a range of content that you can copy and paste into school newsletters, websites, Connect channels and even Facebook pages. We also recommend including some of this content with orientation materials you create for parents of incoming Year 7 students, along with a copy of your completed School Access Guide.

Who should be involved?

- Year 7 Coordinator / Orientation Coordinator – Orientation material
- School administration or Communications Officer – School communications
- Your Move Champion – Program context and support
- Deputy Principal – Content approvals

Supporting resources:

- [School Communications Pack](#) – stacked with cut-and-paste content
- [Getting Started with Transperth](#) – to support students considering using public transport to get to school
- [Planning Your First Bike Commute](#) – to support students considering riding their bikes to get to school

3. Independent Travel - Parent Information

Parents are in the best position to judge when their child/ren are ready to undertake the trip to school by themselves. However, teaching their child to become safe and independent is an important step as well.

We have developed a handy resource with tips to help parents prepare their child/ren for independent travel. Distributing this resource as part of your orientation package to incoming students in Term 4 is a great way to encourage parents to consider active travel options with their child/ren. Hopefully they will model and practice some active travel behaviours with their child over the summer holidays in preparation for the start of Term 1!

Who should be involved?

- Year 7 Coordinator / Orientation Coordinator – Orientation material
- School administration or Communications Officer – School communications
- Your Move Champion – Program context and support

Supporting resources:

- [Independent Travel – Information for Parents](#) – For distribution
- [Bike Safety Resources](#) – Reinforce safe riding behavior
- [School Traffic Management and Active Travel Promotional Tools](#)

4. Student-led Year 7 Transition Workshop

One of the things schools love about Your Move is the opportunity to involve students in the program and give them chances to demonstrate leadership. This activity gives your student team the opportunity to go out to neighbouring primary schools and deliver a Your Move workshop to **Year 6's making the transition to high school next year**. It is best delivered in Term 4 as part of the orientation program for new students coming to your school the following year.

Elements from this workshop can also be delivered by the student team as part of Transition Day or Orientation Day activities at your school.

Who should be involved?

- Student Team – Workshop delivery
- Your Move Champion – Workshop content and coordination
- Year 7 Coordinator / Orientation Coordinator – Primary school outreach and workshop scheduling



The Baldvis Secondary College
'Green Team presenting a
transition workshop

Supporting resources

- [Student-Led Year 7 Transition Workshop](#) – Activity outline

5. Independent Active Travel Trip Planning

This lesson encourages students to plan an independent active travel journey. This is the first step in developing independence and confidence in their ability to travel independently using active modes.

Your Move recommends delivering this lesson to an entire cohort of Year 6 students that will be transitioning to high school next year, part of an orientation program, or Year 7 students that have just commenced at a new high school.

Who should be involved?

- Your Move Champion – Lesson delivery
- Year 7 Coordinator / Orientation Coordinator – Lesson delivery
- Student Team – Lesson delivery support

Supporting resources:

- [Independent Active Travel Trip Planning](#) – Activity outline
- [Bike Safety Resources](#) – Printable poster and flyer
- [Your Move Journey Planner](#)
- [Transperth Journey Planner](#)