



Movin' March 2023

Guide for Schools

[movinmarch.com](https://www.movinmarch.com)





Bus trips count!

Travelling by bus is sustainable too. Schools can invite bussed students to fill in Walk or Wheel (WOW) passports. We suggest making time to walk or wheel on school grounds so all tamariki feel the benefits of active travel.

Get on our mailing list

Don't miss out on receiving our regular mailchimp newsletters with everything you need to know about Movin'March. Email schooltravel@gw.govt.nz to be added to our list. Teachers who register on behalf of the school will automatically be added.

Park & Stride

Some whānau live too far away to walk or wheel. Schools can set up designated drop off points or 'walking pou' so students can walk part of the way and still take part in the WOW Passport Challenge. Download the [Park & Stride guide](#) from our website.



Earlybird Draw

Register now at [movinmarch.com](https://www.movinmarch.com)

If you register by Friday 9th December you'll go into your district draw to win a \$100 Prezzy card. Six prizes to be won!

Why Movin'March?

Mā raro, mā wira rānei nā te mea... He Pai!
I walk or wheel because it feels good!

This year we will spotlight 5 benefits of active travel:

- Good for well-being
- Making connections
- It's kinder on the planet
- Builds confidence
- It's an adventure

We will weave these benefits into our competitions and classroom resources to support your tamariki and school community to walk or wheel in 2023.



About Movin'March

Movin'March (1-31 March 2023) is run by Greater Wellington Regional Council in partnership with local councils and is FREE for schools across the region. It is ideally suited for students in Years 0-8.

We provide tools and resources to encourage and celebrate walking and wheeling to school. Every registered kura will get WOW (Walk or Wheel) passports, a Walk or Wheel pack (see page 3) and our regular newsletter updates.

What do Registered Kura get?

Walk or Wheel Packs

New range – kinder on the planet!

Registered kura will receive a Walk or Wheel pack early in Term 1. In 2023 we have an entirely new range of sustainable incentives coming your way. These help reward walking and wheeling when stamping passports at the gate, as spot prizes or for assembly celebrations. Packs include:

- Posters to promote Movin'March - in English, Te Reo and Pacific Island languages - matua'ilelei tele!
- Walk or Wheel passports in English and Te Reo
- Bookmarks to colour-in, highlighting 5 benefits of active travel
- Fridge calendars for whānau to use over March
- Other incentives such as notebooks, chalk, stickers and playing cards
- Kaitiaki ākonga badges: Acknowledging student leaders who get tamariki on board or guide Movin'March activities – we love what you do!
- Pens for parents: Pens to thank parents, teachers or other adults that help tamariki walk or wheel.



Teachers – what you need to know

1. To be part of the Earlybird draw, register before Friday 9th December at [movinmarch.com](https://www.movinmarch.com)
2. Encourage parents to get on board, see Whānau Photo Competition on page 5
3. Check out our classroom ideas to help you plan for Movin'March on page 6
4. Set up passport stamping at the gate or in the classroom and encourage student leaders to help, see page 4
5. Ways to celebrate, see page 6.

Any teacher can get our weekly mailchimp updates and unsubscribe at any time.

Email schooltravel@gw.govt.nz for more info or to join up.



WOW Passport Challenge

The WOW (Walk or Wheel) Passport Challenge is the major motivator to get tamariki walking or wheeling to school. Stamping passports with the help of senior students and rewarding safe and active travel with WOW incentives really gives your school the Movin'March buzz. Remember to enter all cards in the draw, even if they're not complete!



Every passport we receive goes in the draw to win one of 12 x \$400 MYRIDE vouchers! **Competition runs 1-31 March.**



Prizes

All entries will go in the draw to win \$400 MyRide vouchers. Twelve prizes up for grabs!

How it works:

- Registered kura get WOW passports and resource packs early Term 1
- Hand out passports to tamariki and ask seniors to stamp these at the gates or teachers can tick off in the classroom
- Let whānau know about **Park & Stride** spots (places parents can park away from the gate and walk or wheel the rest, see page 2 for more info)
- Encourage whānau to get walking or wheeling, take part in the Whānau Photo Competition and reward with spot prizes from your Walk or Wheel packs. We'll provide content & pics to help you promote Movin'March in school newsletters, see movinmarch.com
- Send all passports (complete or not!) to the Movin'March team at Greater Wellington by Friday 14th April (end of week 1 of holidays) to be in to win
- To order more cards or view Terms and Conditions go to Tools for Teachers at movinmarch.com.

The more passports the better!

- Trips to AND from school both count
- Walking and wheeling via Park and Stride spots or via bus/train also count. This can always be complemented with fun exercise on school grounds so all tamariki can take part.



Whānau Photo Competition

This **competition** is all about whānau sharing their experiences of walking and wheeling. In 2023 we're making it easier for teachers to encourage parents to get on board by providing colouring-in bookmarks and calendars for whānau that link to the weekly themes of the competition. Using these tools alongside our classroom resources (see page 6) will help teachers, whānau and students make connections between Movin' March and the benefits of active travel.



Parents share their experiences by posting photos and comments on **Facebook** or Instagram, responding to weekly themes on the benefits of walking or wheeling.

Be in to win an amazing Micro Scooter and helmet or a Family Pass to Zealandia or Staglands!



You could win one of 5 x Micro Scooters and helmets or 10 x Family Passes to fun Wellington destinations.
Competition runs 1-31 March.



ZEALANDIA™
TE MĀRA A TĀNE

Staglands
Wildlife Reserve & Café



Resources for teachers

We have five fun [classroom resources](#) that focus on the benefits of active travel that match our weekly themes in our [Whānau Photo competition](#). Choose one, two ... or all 5 as you walk and wheel your way through March!

I walk or wheel because...

Week 1 – He pai mō tōku toiora! It’s great for my well-being!

Week 2 – Ka hono ahau! It makes me feel connected!

Week 3 – He pai ake mō te taiao! It’s kinder on the planet!

Week 4 – Ka piki ake te māia! It builds confidence!

Week 5 – He ara mātātoa! It’s an adventure!

Or dive deeper with [Active Travel Action](#), a resource developed by Greater Wellington and Enviroschools to help students make the link between travel choice and the environment. See [Resources and Activities](#) at [movinmarch.com](#).



Things for tamariki in the classroom

Students can colour-in posters of Jack the Kākā in hikoī, paihikara or kutarere mode and display these around the classroom.



Art Templates

Check out our [library of templates](#) to inspire creativity. Choose the one you like best and send in your school’s best artwork so we can post these on our [Facebook](#) page during March.



WOW Family Day

Kura love to celebrate with a theme day during Movin’March. Why not choose a sustainability theme for your dress-your wheels day, have a “plogging” focus to your walking school bus or let student leadership groups organise what *they* want? See [Tools for Teachers](#) on [movinmarch.com](#).

Let us know when you’re celebrating! We’d love to share pics or stories on our Facebook or web pages.

Encourage whānau to get on board to walk or wheel – even if it’s one day a week or month.



Safety Tips

Download [resources](#) on fitting helmets, bike safety checks, tips for safe riding, fun scooter videos in English and Te Reo!



For more information on any of these ideas and more, see the [Resources and Activities](#) page on [movinmarch.com](#).

Movin' March 2022 Results

134

kura
registered

36,960

tamariki
potentially
participated

149,473

walk or wheel
trips recorded

"I really like Movin' March, I think it's a great month of fantastic moving with my family and friends"

Student, Wellington City school

"It was great to see the volume of whānau walking and riding to school"

Teacher, Wellington City school

"Really well organised. Lots of opportunities for the kids to learn about movement, well-being, maths and climate change."

Parent, Hutt City school

Prizes for Movin' March competitions have been made possible with generous support from:



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Movin' March

1-31 March 2023

Keep these competition dates and prize details handy during Movin' March. This factsheet is also available on our website so you can share with school staff or whānau. For everything Movin' March and to view [Terms and Conditions](#) go to movinmarch.com

Competition	Deadline	Prizes
		SCH School ST Student PT Parent
Earlybird Draw All schools that register by 5pm Fri 9 Dec will go in the draw to win one of 6 prizes	Fri 9 Dec 2022	SCH \$100 Prezzy card x 6
WOW Passport Challenge Post all cards (a maximum of two incomplete cards per student) by Fri 14th April to the Movin' March Team, see address below	Runs 1-31 March Fri 14th April 2023	ST \$400 MYRIDE vouchers x 12
Whānau Photo Competition Post a photo and message on Facebook or Instagram responding to weekly themes	Runs 1-31 March Five weekly competitions Closes 11.59pm each Sunday* <small>*Except week 5 which closes 11.59pm Fri 31 March.</small>	PT 5 x Micro Scooters with helmets 5 x Zealandia Family passes 5 x Staglands Family passes
Surveys Complete our school, parent and student surveys to give us your Movin' March feedback and go in the draw to win Prezzy cards.	Closes Fri 5th May 2023	SCH \$100 Prezzy card PT \$100 Prezzy card ST \$50 Prezzy card



Contact Us

Email: schooltravel@gw.govt.nz

Movin' March team

Greater Wellington Regional Council

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movinmarch.com | [@movinmarch](https://www.instagram.com/movinmarch)