



# GM Walking Festival

## Resources for schools

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### Invitation to join in

#### Getting Involved

Would you like your school and pupils to get involved in this year's GM Walking Festival? We are helping as many schools as possible to grasp this great opportunity to be part of a Greater Manchester wide event, encouraging more pupils and parents/carers to walk & talk.

#### Opportunities for pupils

Provide a healthy outdoor learning opportunity for children to walk and talk by organising a short walk outside the school gates as part of this year's GM Walking Festival in May. The walk could have whatever focus meets the needs of your pupils.

Ideas might include planning a walk:

- for a small intervention group as part of literacy support.
- as an alternative to the Daily Mile.
- to a local park or green area, using outdoors as a learning environment.
- with next year's teacher and TA, as part of transition planning.
- for pupils in need of additional communication and language support.

Check out the [GM Walking Daily Mile Toolkit](#) for downloadable activity/learning sheets to engage pupils on your walks

#### Opportunities for parents/carers/grandparents: "Drop and Go. Let's Walk & Talk"

Organise a simple walk for parents/carers following school drop off. This can be facilitated by school staff, PTA members, or TAs, or maybe a sports coach. This can provide a social and healthy activity to communicate with parents/carers or for them to meet up and chat as they walk. The walk could have whatever focus meets your needs.

You could consider:

- walk and talk, with coffee on the go or a coffee stop along the way.
- targeting a specific year group to provide connection opportunities.
- focussing on and inviting parent /carers new to the school.
- limiting numbers to ensure all have a chance to chat and mix.
- using the walk as a consultation opportunity, to sound out families about plans or ideas in school.



## Schools

### **Why get involved in organising GM Walking Festival 1<sup>st</sup> – 31<sup>st</sup> May 2024 walk?**

- To help children and adults achieve their recommended daily physical activity minutes:
  - 5-18 year olds 60 active minutes a day (30 of them to be provided in school)
  - Adults 18+ at least 150 moderate activity each week.
- To support physical and emotional wellbeing. [adults and children]
- To develop vocabulary, speaking and listening skills and reduce the word gap. [children]
- To support knowledge and understanding of the world and the community we live in [adults and children]
- To provide opportunities for connection with others. [adults and children]
- To promote your setting's commitment to health & wellbeing to the wider community and prospective service users

### **What support do schools receive?**

You will receive:

- Support and tips on how to organise a walk
- A hard copy of the Daily Mile Destination Resource (all primary schools submitting a walk)
- Downloadable walking activity resources, i.e. I Can see it Bingo, Nature Bingo, I Spy Shape Detectives, Sensory Search and more
- Downloadable tools and social media posts to help promote to parents/carers in newsletters, on websites through sharing platforms and on your social media
- An opportunity to apply for the small grant funding (details below)
- All settings will receive a certificate of participation and downloadable certificate for pupils

### **How do I plan a walk?**

- Decide on a day(s) and time(s) in May and, decide on a theme (e.g. Walk and Talk storytelling, senses, I spy etc)
- Plan a walk suitable for the children in your care (consider length, duration, terrain)
- Gain the necessary parental/carers consent in line with policies
- Promote your walks & the benefits of being involved – we can help support with this
- Share your involvement on your social media channels use the #GMMoving hashtag or by tagging @GMMoving. You may also feature in the GM Walking Newsletter!



## Guide to Submitting a Festival Walk

To be part of the GM Walking Festival 2024 and benefit from the resources and support available, you will need to submit your planned walk(s) via the submission form by 22 March 2024.

Please note: there is an option to make your walks private to your school or educational setting. See Q18 on the step-by-step guidance below.

The numbered notes below correspond with the numbered sections on the online [submission form](#).

Please complete all required fields **marked \*** on the form.

- 1) **Group, individual, or organisation name** - add the name of your setting or school here
- 2) **Organisation type** – select ‘school/nursery’
- 3) **Borough where your regular activities take place** – please select the borough you’re school is in
- 4) **Full name of walk host/organiser** – add the name of the person GM Walking Festival organisers can contact if needed
- 5) **Email of walk host/organiser** – so GM Walking or participants can contact you
- 6) **Phone number of walk host/organiser** – optional if phone is preferred
- 7) **Name of walk** – try to think of a fun name that appeals to your audience
- 8) **Date of your Festival walk** - please select the date of your walk in May. If you have more than one walk planned, you will need to complete a different submission form for each
- 9) **Start time** – add the start time of your walk
- 10) **Brief description of walk** – provide a few sentences about your walk i.e. who it is for, the focus of the walk, connecting, exploring the community, develop our senses etc
- 11) **Select which borough your walk is based in** – this will enable people to filter walks by borough too
- 12) **Meeting point** – add your meeting information here including postcode
- 13) **End address** – if different to the meeting point add the end address here including postcode. If it’s a circular walk, repeat the starting postcode
- 14) **Distance** – select the approx. distance of your walk
- 15) **Walk difficulty** – select the approx. walk difficulty. If unsure select ‘easy’
- 16) **Facilities** – select any facilities that will be available on the walk or add N/A
- 17) **Transport** – if people can use public transport to get to your walk select all that apply
- 18) **Public or private** – Tick **NO** if you want your walk to be private to your school or setting
- 19) **Useful link for additional details** – add N/A or link to your school’s website
- 20) **Booking link if required** – add N/A



**21) Are you new to the Festival?** – Tick **Yes** or **No** depending on whether you've been involved in the Festival before

**22) How did you hear about the Festival?** – Use the drop down box and select how you heard about the Festival.

Final step - Click **Submit** at the bottom of the page.

Thank you for submitting a Festival walk! We'll be in touch to acknowledge the submission and will send you useful resources to support the promotion of your walk.

**If you'd like to submit multiple walks, please complete a separate form for each and submit before Friday 22 March 2024.**

### Frequently asked questions (FAQs)

**Q: What are the benefits to our setting and children of being involved?**

A: Being part of the GM Walking Festival 2024 will provide your setting with an opportunity to be part of a GM wide festival, with hundreds of walks and a wide variety of other local, regional and charitable organisations involved.

Your walks will support your children to be physically active with all the physical and emotional benefits that brings. It will provide a chance for you to engage with parents and carers in a healthy outdoor activity. You will benefit from the resources and support GM Walking will provide, including media coverage.

**Q: How do we get involved?**

A: Take a look at the **Invitation to get involved** on page 1 and 2 which provides support and ideas. There is also more information on the [GM Walking Festival website page](#)

**Q: How do I submit my walk to the Festival?**

A: You will need to complete the [online submission form found here](#).

To help you fill in the form, there is a step-by-step guidance document on page 3 of this pack to help make it as simple as possible. If you have any questions please email [info@gmmoving.co.uk](mailto:info@gmmoving.co.uk)

**Q: We can't advertise our walk to the public, can we still be involved?**

A: Yes absolutely! You will need to complete the submission form and tick '**No**' in Q18 that asks about publishing your walk on the website page. Making your walk private will mean it will not appear on the website as a searchable walk to the public.

You will still be an important part of the Festival and receive the same support.

**Q: What support is there to help us organise a walk?**



A: There are a variety of guides and information on the GM Walking website especially for EY & schools. Once your walk is submitted you will receive a media pack and downloadable tools. All schools submitting will receive a Daily Mile Destination Resource too.

**Q: Is there any funding available?**

A: This year the GM Walking Festival has a small fund with grants of up to £100 available. This is to support walk organisers in the delivery and sustainability of festival walks in May and beyond. [Find more information on the fund here.](#)

Please note: Priority funding will be given to those who have not received the fund before or who are focusing on engaging either or both of this year's key groups: women and girls aged 18-30; and those with long term health conditions.

**Q: Is there anyone we can talk to face to face to answer my queries?**

A: We are hosting a series of Zoom support webinars on how to submit your walk & how to apply for funding:

- Friday 9 February at 12.30pm
- Monday 12 February at 5.30pm

(sessions will be approx. 45 mins leaving time to answer any questions)

Email [info@gmmoving.co.uk](mailto:info@gmmoving.co.uk) to book on and receive your joining instructions

**Q: What are the various deadlines?**

A: Here are the key deadlines to be aware of:

- Walk submission deadline – closing 22 March
- Funding applications deadline - closing noon 16 February
- Funding decisions made and successful walks informed within one week of closing date
- All walks published on the Festival website page (unless stated as private) – April
- GM Walking Festival – 1-31 May

For any queries please contact [info@gmmoving.co.uk](mailto:info@gmmoving.co.uk)