

Your fast-track STARS activity guide

Simple and easily achievable
activities to boost your school's
STARS accreditation level

Introduction

This guide highlights a number of easily achievable and effective STARS activities that schools can do to boost their accreditation level.

Each section contains the title of the activity, a link to the official STARS page, and a brief description of what it involves and how it can be combined with other activities to maximise its contribution towards your school's accreditation.

By reading the activity briefs, you can quickly determine which activities you would like to organise for your school. You can then visit the official STARS page for further information and detailed guidance.

This PDF provides many examples of what your school can do for each accreditation category.

Click a category to get started:



[🔗](#) On the following pages, this symbol indicates that a mouse click will take you to the STARS website for more detailed information.

Travel activities

[Walking trips](#)

This could be as simple as walking between two tube stations, or to a local point of interest, and timing how long it takes to walk it. You can also **involve parents/carers** (Consultation).

[Walking bus](#)

This involves setting up a walking route to the school, where children are picked up along the way to join the 'walking bus'. You'll need someone to start the walk, and **parent/carers involvement** (Consultation) can facilitate this. The walking bus can start small and gradually increase as the school promotes it and encourages more involvement.

[Step counting week](#)

Can be held as a competition between classes, and our Sustainable Travel Team can provide pedometers (for free) to your school so that children can count their steps. Pupils who walked the most can then be given prizes.

[Walk to School Week \(May\)](#)

Walk to School Week in May is an annual challenge. During this time, RBKC hosts its own themed walking trail event, which is a fun walking competition your school can get involved in, filled with exciting exploration and a variety of prizes.

[Bike-to-school competition](#)

Promote the cycling competition via posters (which can be made by pupils) and then run it for a week and award winners in an assembly. You can also do this in conjunction with the [Golden Lock activity](#), which involves putting a golden lock (or sticker) on one bike or scooter per day. The pupil who owns the bike/scooter can then claim a prize at the end of the day.

[Public transport for school trips](#)

This is a very common achievement amongst schools and promotes the use of public transport to students. This can be done alongside [promoting responsible behaviour on public transport](#) as a way to tick two STARS boxes in a single trip.

[Junior Travel Ambassadors \(JTA\)](#)

There's no official process when appointing JTAs. If pupils show an interest or seem passionate about active travel, you can appoint them as a dedicated team of students who want to help the school travel champion and do their own STARS activities. They can even attend TfL and borough events to learn more about their role and receive JTA resources, including a bag, guide and badge.

[More travel activities](#)



Travel activities (continued)

[Anti-idling campaign](#)

Anti-idling can be promoted in an assembly, via letters to parents/carers, and on the school website. In addition, our team can provide leaflets for your school to hand out.

[Car sharing promotion](#)

You could survey to see how many pupils currently share lifts to school and talk to parents to find out who would be interested in car sharing (this could be uploaded as a STARS story in conjunction with [communicating with parents/carers](#)). You can also promote the benefits of car sharing (reduced car use) on posters, newsletters and the school website.

[Brighten your bag](#)

This can be a really fun activity for pupils, giving them a chance to brighten their bag with creative designs and hi-visibility items. This is a great activity for the darker winter months, and can be done as a competition where pupils vote on their favourite bag. Our team can provide various hi-visibility items in support of this, such as dinosaur and bear reflectors.

[Poster making competitions](#)

Poster making competitions can be used as a fun way to engage pupils with any and all aspects of sustainable travel, including road safety, air quality and active travel. You can host classroom competitions and hold votes for the winning poster, which can then be displayed in the school and shown in the school newsletter.

[Road Safety Week \(Nov\)](#)

Although schools can host their own road safety week any time, this dedicated week provides an opportunity for pupils to present a road safety assembly and host a [Be Bright Be Seen](#) stall to distribute out hi-visibility items and educational leaflets, which our team can provide. You can also book for [pedestrian training](#), which is an excellent way to train pupils to travel safely and independently. Our team sends out emails prior to these events to help arrange these activities for your school.



Supporting activities

Promotion

[Communicating with parents/carers](#)

This can be done alongside several other activities, where letters/mail can be sent out to parents to promote a particular travel activity, educate them, raise awareness about a school travel issue, or encourage their involvement in school travel initiatives.

[School travel notice board and/or web page](#)

You could set up a school travel notice board that displays pictures of what your school has been doing to promote sustainable travel, and take down pledges from pupils/parents/staff about how they will travel more sustainably. You can also update the school website with a school travel page that highlights what your school is doing and why it is important.

Curriculum

[Environmental benefits of active travel](#) and [Health benefits of active travel](#)

These topics could be covered in a variety of ways, such as during an assembly, class lesson or as a competition. The topic of sustainable travel fits into the curriculum in a number of ways, for example through the practise of reading, writing and communicative skills in poster/leaflet making, and scientific investigation when analysing the impact of air pollution on health and the environment.

[Mapping exercises](#)

This can be a fun classroom activity where pupils are presented with a map (that teachers can make) of the school and local area, and tasked to highlight areas of high and low pollution, to help plot cleaner routes to school (fits in Geography).

Partnership & funding

[Local authority funding](#)

You can apply for a small grant of up to £500 from our team to support a sustainable travel initiative at your school. This can be for a single project or a combination of measures. [Email us](#) and we can provide you with an application form.

[Attending a TfL or borough event](#)

There are a number of events your school can attend. Each year, TfL host STARS workshops and celebration events, and our team hosts a variety of events such as STARS workshops, JTA training and celebration events.

[Working with other schools](#)

You could work with other schools for a variety of reasons, such as borrowing/sharing spaces for activities/training (e.g. playground spaces for bike training) and, with the new Dinosaur Tales booklet, working with other schools to create a road safety story.



Consultations

[Parent/carer involvement](#)

There are several ways parents/carers can be involved in travel and supporting activities, such as **walking buses**, **step-counting week** and **car-sharing promotion**. Simply talking to parents/carers, whether this be at coffee mornings, informal chats at the school gate, or even having a suggestion box at reception, and noting down some of their school travel concerns and ideas, is a great way to involve them and achieve this consultation activity.

[Pupil involvement](#)

Appointing **Junior Travel Ambassadors (JTA)** is a fantastic way to ensure pupil involvement in the school travel plan and STARS activities. Even if they're not JTA, pupils can help promote road safety and active travel in an assembly, create their own in lesson activities, and run school competitions for pupils to share their ideas about sustainable travel.

[School travel working group](#) and [School active travel policy](#)

A school travel working group can involve parents, pupils, teachers, governors, the Senior Management Team (SMT) and your borough officer, to discuss about school travel related ideas, issues and developments, and help produce the travel plan. Try to include STARS for 5-10 minutes in the agenda of a stakeholder meeting as a good starting point. You can then produce an active travel policy, highlighting the ideas and issues raised in the working group, which can then be distributed to the school community.

[Staff involvement in active travel](#)

Staff/teachers can get involved in a number of ways, including teaching about the **environmental benefits of active travel** and/or **health benefits of active travel** in class, joining the **school travel working group**, and taking part in a staff pedometer challenge. Visit the official STARS activity page for the pedometer challenge template.



Other activities

Many of the activity pages on the STARS website actually allow you to upload a story as an 'other' activity, [see this link for example](#). Here, you can actually upload a story that may not be specifically listed as an activity. For example, if your school held a competition for walking to school, you could upload a story detailing what the competition entailed, who and what was rewarded, etc.

Evidencing activities

Always make sure to attach evidence to every story you upload onto STARS. Evidence can include, but is not limited to, a picture of the activity in action, screenshots of confirmation letters/emails and other distributed materials, and documents relating to the preparation of the activity. We recommend that you create a STARS folder on your PC, where you can store evidence on-the-go as your school completes its STARS activities. This is so when it's time to upload your stories, you've got all your evidence organised and ready to use.





We're here to help

To learn more, receive further guidance, order resources to help plan your STARS activities, or book a school travel plan meeting with your borough officer, please email our team at **school.travel@rbkc.gov.uk**

