



Tong Active Travel Breakfast

Date	12/09/2025
Time	8.15 – 9.00 am
Number of participants	58
Start and end point	Tong Church - Tong Primary school
Distance	½ mile
Staff present	Living Streets: Roanna Trerise
	Tong School: Carol Ann 3 x other members of staff
	Western Isles Council: Leah MacKay Active Schools coordinator: Eric MacLeod
Partners	HITRANS & Living Streets





Tong is one of three new schools joining the WOW Walk to School challenge this year from the Western Isles of Scotland, making them the most northerly schools in the program.

To launch the WOW challenge we held a Walk to School event with healthy 'active travel' breakfast provided by the Highlands and Islands Transport Partnership (HITRANS), who fund the initiative in the Western Isles.

58 pupils, parents/carers and school staff met at Tong Church to Walk to School together. Wrapped up against the elements with the previous day's 60 mile an hour winds and driving sideways rain in mind, there was no shortage of outdoor gear, wellies, and reflective clothing.

Gathering in the church car park the walk set off at 8.20 down the residential street, with the pupils keeping an eye out enroute to see how many mini Strider they could spot. The group spread out with the keenest pupils leading the charge to their active travel breakfast!

The group split at the school, with the pupils convening outside the school entrance whilst the parents and pooches left.

Pupils filed into the school hall and could choose from a selection of fruits, yoghurts, croissants and fruit juices to eat with their friends. Pupils were also gifted reflective keyrings from HITRANS to wear on their bags.

After the event the whole school came together for their WOW launch assembly and were congratulated for their great start in the first few weeks in September.

The new WOW Ambassador group stayed behind so some WOW Ambassador training, helping them to take control of the Travel Tracker and encourage their peers to choose active and sustainable travel to school.





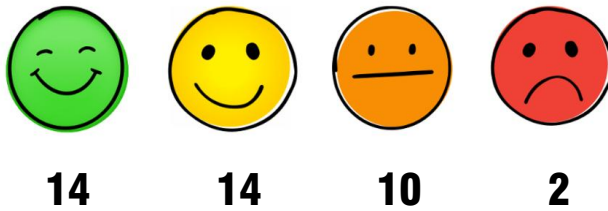


Data Capture

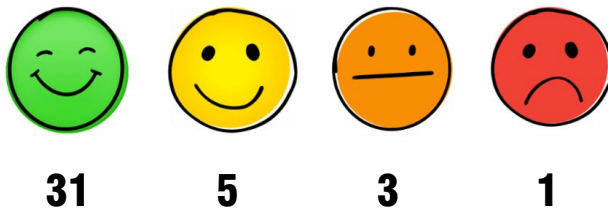
Pupils were presented with the card below pre and post event and asked to comment on how they were feeling in that particular moment. There was a marked improvement of pupils mood, which was palpable in the school hall during breakfast.



Pre event



Post event





Quotes:

"I enjoyed the walk it was so fun"

"I enjoyed being with my friends on the walk to school"

"I enjoyed the fruit because it was extra juicy"

"I liked walking to school with my friends and eating breakfast together was fun"

"I enjoyed the extra time to talk to my friends"

"I think that would be a good place to Park and Stride, it was easy"

"If we waited for good weather, we'd spend all our lives waiting"

"This is just island life. You've got to pack for all seasons in one day because it changes every minute up here"

"The school is here is small and the catchment area is big. Some children live in very isolated spots on the island so this walk today is another great way for them to socialise and gain some confidence outside of school hours"



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LET'S
WALK TO
SCHOOL

WOW

the WALK
TO SCHOOL
challenge

Active Travel
Breakfast

»»

Tong Primary School

Friday 12 September 2025

Welcome to the WOW Walk to School challenge!
Kick off your WOW launch day with a special active travel breakfast! Meet at Tong Church at 8.10am where we will walk to school together. A healthy breakfast will be waiting at school for pupils who walk and wheel. Everyone is invited, sign up in advance.

IMPROVE YOUR HEALTH,
PROTECT THE PLANET,
WALK TO SCHOOL WITH WOW

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@LStreetsScot

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Primary pupils join walk-to-school challenge

Created: 16 September 2025

Pupils and staff at Tong Primary School took part in the nationwide walk-to-school challenge on Friday (12 September).

The challenge, which encourages children across Scotland to walk, wheel, cycle or scoot to school is set up by Living Streets Scotland – a branch of the national Living Streets charity which campaigns for better walking environments and encourages people to walk for everyday local journeys.

The day began with pupils and staff walking or wheeling to school followed by a healthy breakfast provided by the Highlands and Islands Transport Partnership (HITRANS), who fund the initiative in Scotland.

Pupils were joined by Eric Macleod, Active Schools Co-ordinator on Lewis, and Leah Mackay from HITRANS. Living Streets Project Co-ordinator Roanna Trerise delivered a special school assembly to launch WOW – The walk-to-school challenge from Living Streets.

Leah Mackay, Regional Team Leader at HITRANS Western Isles, said: “I’m delighted to be assisting with organising the Active Travel Breakfast for Tong School. It’s a wonderful way to celebrate families and pupils choosing healthy, sustainable journeys to school.

“Travelling actively to school supports better concentration in class and builds confidence and independence. Socially, it gives children a chance to connect with friends and their local community”.

Roanna Trerise said: “We’ve had a brilliant time launching WOW – the walk to school challenge at Tong Primary School. More than eighty pupils and staff chose to walk or wheel their way to school today and were rewarded with a healthy breakfast to set them up for the school day”.

The challenge saw over 180 primary schools in Scotland take part, with each pupil recording their journey to school on the interactive WOW Travel Tracker and rewards those who walk, wheel, cycle, scoot or Park and Stride’ to school with a WOW badge.

Tong Primary School is the latest school in the Western Isles to sign up for the challenge, joining Stornoway, Breasclete and Balivanich Primary Schools.

In Scotland, WOW schools see on average a 5-10 per cent increase in pupils walking to school with a corresponding drop in car use, helping to reduce congestion and improve safety outside the school gates.

Carol Ann McClean, Headteacher at Tong Primary School, said: “We are really excited to be joining other schools in the Western Isles in participating in WOW – the walk to school challenge. It has been wonderful to see the whole school come together to share their commitment to active travel, which is not only important for our pupils’ health and wellbeing, but also contributes to a more sustainable environment for our whole community”.

Click on the hyperlink title to take you to the Stornoway Gazette website to read the article online.

