



# WALK TO SCHOOL DAY

## October 4, 2017

## Principal Meeting Worksheet

### BENEFITS OF WALKING TO SCHOOL

- » Walking to school can increase engagement in physical activity after school and during the evening
- » Students who actively commute to school have lower body mass indices (BMI) than non-active commuters to school
- » Adolescents who actively commute to school have better cognitive performance
- » Exercise among children can lead to improved mental functioning on tasks that involve executive functions, such as performing goal-directed actions in complex stimulus environments
- » Physical activity can result in better mathematics and reading achievement; Increased physical fitness levels can result in higher STAR test scores
- » Non-overweight students have fewer absences and days tardy to school as compared to overweight students
- » Moving from not-overweight to overweight in early elementary school is associated with reductions of teacher ratings of social-behavioral outcomes and learning

### PREPARING TO MEET WITH THE PRINCIPAL

Check off the steps below as you accomplish them:

- Review the above Benefits of Walking to School
- Set a meeting with the principal
- Tell the principal about LADOT's Walk to School Day Outreach and Support
- Request permission to host a before school event and agree on a date
- Ask your principal for support with:
  - » To put the event on the school calendar (Y/N)
  - » To include event information in school e-blasts or folders (Y/N)
  - » To give a short motivational speech on the day of the event using talking points from LADOT (Y/N)

**Contact Us:** [ladot.saferoutes@lacity.org](mailto:ladot.saferoutes@lacity.org)

**For information and additional event resources:** [walktoschool.lacity.org](http://walktoschool.lacity.org)

# Walk to School Day October 2017

Talk with your principal or planning team to develop activities for the Walk to School Day celebration.



## Check your desired activities:

### Set up a table

Greet students at the entrance on the morning of Walk to School Day

Who: \_\_\_\_\_

### Ask for helpers

Invite students and parents to help plan the event and volunteer on the event day

Who: \_\_\_\_\_

### Wellness Station

Work with your school nurse to provide health tips and giveaways

Who: \_\_\_\_\_

### Make a tally poster\*

Hand out stickers to students at school entrance to record on the poster how they commuted to school that day

Who: \_\_\_\_\_

### Invite the school mascot

No school mascot? Ask parents or teachers to dress up for the event according to a theme

Who: \_\_\_\_\_

### Hold a pep rally

Invite school sports teams, bands, and clubs to perform before school starts

Who: \_\_\_\_\_

### Ask local celebrities to join\*

Invite firefighters, police officers, or others to greet and congratulate participants

Who: \_\_\_\_\_

### Provide walking maps\*

Show parents LADOT Suggested Routes to School maps to help plan their walks

Who: \_\_\_\_\_

### Choose meeting locations\*

Organize one or more walking school buses for Walk to School Day

Who: \_\_\_\_\_

### Walkability Checklists\*

Distribute checklists to students and parents to describe their walk to school, and collect them at the school entry

Who: \_\_\_\_\_

### Hula Hoop Contest

Encourage PE teachers to host hula hoop contests on the blacktop before school starts

Who: \_\_\_\_\_

### Use the school intercom\*

Ask the principal to announce safety tips and reminders about the event in the days before

Who: \_\_\_\_\_

### Mark routes

Use signs or sidewalk chalk to mark suggested routes to school

Who: \_\_\_\_\_

### Designate a Park or Ride and Walk Location\*

Define an offsite location for parents to park and walk their kids in if they live too far away

Who: \_\_\_\_\_

### Make banners, posters, and signs\*

Have kids participate in making and hanging up banners, posters, and signs around the school

Who: \_\_\_\_\_

### Bike Rodeos:

Contact Safe Moves if you would like to host a bike rodeo leading up to the event (818-786-4614)

Who: \_\_\_\_\_

### Poster Contest\*

Host a safe walking poster contest for a fun way to get kids aware

Who: \_\_\_\_\_

### Other

\_\_\_\_\_

Who: \_\_\_\_\_

\*Downloadable resources for these activities are available here: [ladot.saferoutes@lacity.org](http://ladot.saferoutes@lacity.org)