



WALK TO SCHOOL DAY

October 10, 2018

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 to:
 - » Put the event on the school calendar (Y/N)
 - » Include event information in school e-blasts or folders (Y/N)
 - » Give a short motivational speech on the day of the event using talking points from LADOT (Y/N)

Contact Us: ladot.saferoutes@lacity.org

For information and additional event resources: walktoschool.lacity.org



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

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 at walktoschool.lacity.org.



Safe Routes to School is a partnership of the Los Angeles Department of Transportation and Los Angeles Unified School District

