



iwalk

International Walk to School

How-to-do-it!

Partners



Schools



Army ROTC



Find a School to Participate

School	2009	2008	2007	2006
FUSD	751 (4)	1482 (5)	1000 (4)	500 (2)
WUSD	On Own	530		
TCUSD	482 (Skit 532)	496		
PUSD	430 (Skit 600)			

Page and Tuba City



Killip, Kinsey & Sechrist Elementary Schools



iwalk2school.org

- **Organizing Walk 2 School events**
- **Template Letter to School Principal**
- **Press Release**
- **Parent/Teacher/VIP invitation letter**
- **Walk-ability Checklists**
- **Ideas for Monthly Activities**
- **Promotional Materials, Logos**
- **Coloring sheets, Info materials**



Directions to N Navajo Dr

0.9 mi – about 16 mins

Lake View School Drop-Off: Page City Hall Parking Lot

Starting at 8:30 AM on Wednesday, October 7

Last group of walkers will be sent at 9:15 AM



Media Contact Form

Date of Contact

Newspaper, TV, or Radio organization

Name of Reporter

Reporter's Phone #

Topic of Inquiry

Brief Description of Your Remarks

Name of Staff Responding to Media Request

Service Unit Manager Signature

Date

Please forward responses to
Public Information Coordinator by e-mail or inter-office mail.

“International Walk to School Day” is coming.....



Please join students from all over the world by walking to school on October 7th

Tuba City parents and students may use the drop off site located at the Community Center and be escorted by volunteers to school.

(Drop off is between 7:00 AM – 7:45 AM only)

ALL students who walk will be given an incentive at the door!

P.S. If your students already walk to school, please do not drive them to the drop-off.

Photo Release Form

Today's Date: _____

Participant's Name: _____

I hereby authorize the Coconino County Health Department to publish the photograph(s) taken of me for use in Department printed or electronic publications.

I acknowledge that since my participation in publications produced by the Coconino County Health Department is voluntary, I will receive no financial compensation.

I further agree that my participation in any publication produced by the Coconino County Health Department confers upon me no rights of ownership whatsoever. I release Coconino County and its employees from liability for any claims by me or any third party in connection with my participation.

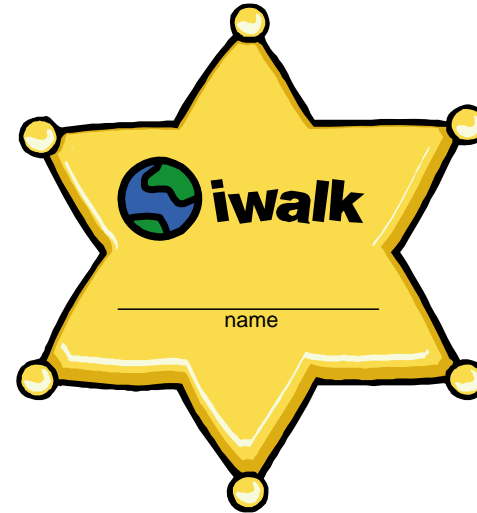
Signature: _____
(Signature of parent/legal guardian, if subject is a minor)

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

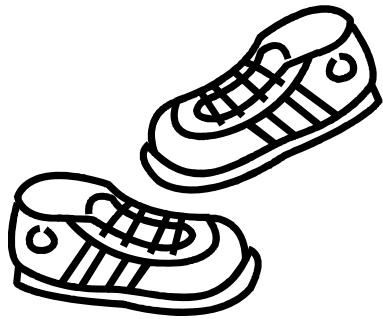
For Internal use only: _____ Photo Code: _____
Event description: _____

Ways to Count Participants Stickers or Incentives!



**I walked to school today
with kids across the globe!**

 **iwalk** International Walk to School



Nutrition Education Ideas!

Obstacle Course

to teach
the benefits of



Walking to School
and
Eating Breakfast





Good for your heart,
lungs, bones & muscles!

Lift Weights
10 times



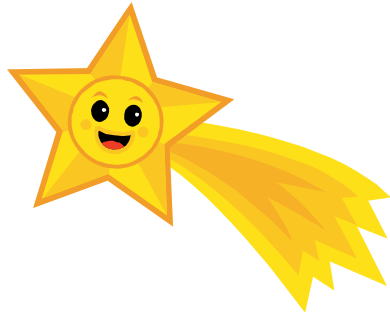


Other Nutrition Lessons

5

Star

Breakfast



1 Star for “Eating Anything!”



1 Star for each Food Group



1 Star for eating a “Whole Grain”



Other Nutrition Lessons

- Fruits & Veggies taste-testing
- Go, Slow, Whoa: “We Can!”

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

- Coloring Sheet Contest
- “Benefits of Eating Breakfast” Poster Contest

Top 10 Tips for Breakfast & Walking

1. Breakfast. “Break the fast”
2. Get your nutrients!
3. Fuel your body
4. Don’t eat dessert for breakfast
5. Have dinner for breakfast!
6. No time for breakfast?
7. Walk to School!
8. Walk after School!
9. Safety!
10. The Most Important Meal of the Day!

Safety Skit



Have teachers take a count of walkers and bikers to school 1 week before, then again on “Walk to School Day” and compare #'s.



International Walk to School Day

Teacher _____

Please record the number of students you have in your class total. Record the number of students that walked or biked to school on October 1st and Oct. 8. Place the completed form in the walk to school day box in the break room on Oct. 8.

Number of students in class _____

Number of students that walked/biked on Oct. 1, _____

Number of students that walked/biked on Oct. 8, _____

Other Programming Ideas!

- Frequent Walker/Bicyclist Club

Thomas Elementary

Frequent Walker/Bicyclist

Get a shoeprint punched on each
day you walk/ride to school.



Video

Questions?

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