

## International Walk to School Day Motivates Staff and Students

On October 8, 2008 children, parents, and teachers in the Robeson County School System joined nearly three million walkers around the world to celebrate the second annual International Walk to School Day. Each of the 45 public schools in Robeson County scheduled events to increase walking and physical activity for students and staff.

As part of the Staff Together Achieving Results (STAR) school worksite wellness program Sandra Evans, School Health Coordinator, enlisted volunteers at each school to coordinate events for International Walk to School Day. Each school developed their own unique activities and thousands of people enjoyed a day of physical activity.

For example, students and staff at W.H. Knuckles School met in the gym and danced the Cupid Shuffle, a popular line dance. Participants then proceeded outside to walk laps on the school grounds. Littlefield Middle School dedicated their resource time for staff and students to walk a mile and a half. After completion of the walk all were encouraged to play soccer, volleyball and other physically active sports.

As the examples demonstrate, International Walk to School day was an overwhelming success in Robeson County. The school system has incorporated this day into their STAR worksite wellness program and they are committed to participating every year.

### Key steps

- Designate a coordinator to gather information about the event and share it with each school worksite wellness committee chair.
- Encourage each committee chair to work with their committees to come up with activities that are appropriate for their school.
- Create e-mail messages and flyers that can be used to notify staff, students and parents about the event. Be sure to offer parents the opportunity to help with the event.
- Assign individuals to organize equipment, certificates, food and locations for the day of the event.
- Be sure to have enough adults to supervise all the activities for the students.
- Have Fun!

