



## Walk to School Day Activities Application

### Shasta Safe Routes to School’s involvement in Walk to School Day

The Safe Routes to School Program is a federal program directed at improving the health and well being of children by encouraging them to safely walk and bicycle to school. The Shasta Safe Routes to School Program offers safety and promotional items to PTA/parent clubs who commit their school to participating in the 21<sup>st</sup> Annual **International Walk to School Day on October 4, 2017**. If the school does not have a PTA/parent club, site councils are welcome to apply. Walk to School Day is a day when communities from all over the globe come together to celebrate a child’s active and safe trip to school. Locally, 14 schools participated with over 1,400 walkers!

Participating schools will receive safety equipment, technical support, training, and a tool kit with information on how to safely and effectively implement Walk to School Day and on-going walking programs, such as walking school buses.

**Requirements for applicants include:** parental involvement, attendance at an orientation meeting, and participation in Walk to School Day. See short list of activities to be coordinated, *Activities Checklist* on page 2.

### Walk to School Day Goals:

- Encourage children to walk to and from school (from home or a local gathering place)
- Increase awareness of the importance of regular physical activity
- Mobilize schools and neighbors to work together to make the streets more pedestrian and bike friendly

### Walk to School Day Benefits:

- Increased levels of daily physical activity
- Friendlier neighborhoods as people get out and interact with one another
- Safer streets and neighborhoods
- Fewer cars traveling through the neighborhood
- Less traffic at school pick-up and drop-off points
- Improved air quality reducing the risk of respiratory problems

For more information on Walk to School Day, visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org)

### TIMELINE

<b>Application Deadline</b>	<b>August 30, 2017 by 5:00 pm</b>
<b>Walk to School Day Orientation Training</b>	<b>September 6, 2017, 5:30 -7:30 pm</b>

**NOTE: Training will be held at Cypress School this year.**

## **HOW TO SUBMIT APPLICATION**

Email, send, or drop off application on or before **Wednesday, August 30, 2017 by 5 pm.**  
If you have questions, contact Sara Sundquist, 245-6457.

Email to [srts@healthyshasta.org](mailto:srts@healthyshasta.org)

Drop off or mail application to:

Shasta County Health & Human Services Agency – Public Health  
Safe Routes to School Program  
Attention: Sara Sundquist  
2660 Breslauer Way  
Redding, CA 96001

Electronic versions of the application are available online at:

[www.healthyshasta.org](http://www.healthyshasta.org)

## **WHAT TO SUBMIT**

1. Cover Sheet (page 3)
2. Application Form (pages 4-5)

## **Activities Checklist**

### **Activities to be coordinated for Walk to School Day:**

- Attend** Walk to School Day orientation and planning meeting on Sept. 6, 2017 at Cypress School. Meeting will give tips on planning an event, share success stories, and give organizers an opportunity to plan their event. Crossing guard training and leading walking school buses will also be incorporated.
- Designate** a parent/teacher to act as project coordinator for Walk to School Day activities. Assemble a team/committee of parents and/or staff to help implement Walk to School Day.
- Develop** a plan to promote Walk to School Day to students, parents, school staff, and the community.
- Coordinate a Walking School Bus** (walking school busses are supervised groups of children walking to school), see:  
[http://www.saferoutesinfo.org/guide/walking\\_school\\_bus/index.cfm](http://www.saferoutesinfo.org/guide/walking_school_bus/index.cfm)
- Hold** a Walk to School Day event **on October 4, 2017**, or a day in October that works best for your school. *Event must take place before the start of the school day to simulate walking to school.*
- Submit** a brief summary by email of your school's Walk to School Day event to the Safe Routes to School coordinator.

# COVER SHEET

<b>School Name &amp; Address</b>	<b>School Principal Name &amp; Email Address</b>	<b>Phone</b>
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<b>Project Coordinator</b>	<b>Email Address</b>	<b>Phone</b>
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<b>Person Submitting Application</b>	<b>Email Address</b>	<b>Phone</b>
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**Request Supplies/Materials for Walk to School Day Activities** (check box if you would like item, indicate quantity where there is space *after* the item)

- Vests and/or flags for parents/teachers/adult helpers (supplies may be limited);  
**Quantity:** \_\_\_\_\_
- Banner (1/school)
- Flyers **Quantity:** \_\_\_\_\_
- Stipend for daily walking school bus coordinator(s) (staff and/or parents)
- Signage, cones, other equipment and materials that would make your event successful, please explain:

# APPLICATION FORM

Name of School \_\_\_\_\_

1. Are there problem traffic areas around your school during drop off/pick up?

Yes

No

If yes, please name/describe location(s):

2. Approximate number of students currently walking/biking to school: \_\_\_\_\_

3. Approximate number of students that would participate in Walk to School Day: \_\_\_\_\_

4. Who will be involved in implementing the Walk to School Day activities at your school?

## **Narrative Questions:**

5. Describe how you would celebrate Walk to School Day. Include *plans for a Walking School Bus* if appropriate (supervised group of students meeting at a central point walking to school together) and any *plans for making the streets around the school safer* for students to walk or bicycle to and from school.

6. Describe how the team would promote Walk to School Day.

7. Describe how the team would continue to encourage walking or biking beyond Walk to School Day *throughout* October (i.e. weekly walking school bus, regular activities/events)

**Orientation Meeting**

Please send two (2) people from your PTA/parent club or school to attend the mandatory orientation meeting. The orientation will provide resources and assistance to help with implementation of the program. It will be held:

**Wednesday, September 6, 2017, 5:30-7:30pm at Cypress School Cafeteria,  
2150 Civic Center Drive, Redding  
Dinner will be provided.**

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*Signature of Person Submitting Application & Title*

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*Date*

I have notified the principal that I am coordinating/helping with Walk to School Day activities and have given him/her a copy of this application.

**To submit this form, please save a copy to your computer and then click [HERE](#).**