



Walk to School Day Activities Application

Shasta County Public Health
2660 BRESLAUER WAY
REDDING, CA 96001
530-245-6457

PROGRAM OVERVIEW

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. Shasta County's Safe Routes to School Program is looking to offer safety and promotional items to PTA/parent clubs who commit their school to participating in the 17th Annual **International Walk to School Day on October 9, 2013**. 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. Participation in Walk to School Day 2012 reached a record high, with over 4,200 events registered from all fifty states and the District of Columbia. Locally, 13 schools participated!

Successful applicants 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/biking programs.

Requirements for applicants include: parental support, attendance at an orientation meeting, participation in Walk to School Day, and coordination of at least one on-going walking school bus or bike train activity. A walking school bus or bike train is a group of children walking or biking to school together, supervised by adults. For the complete list of activities to be coordinated, see the *Activities Checklist* on page 4.

Walk to School Day Goals:

- Encourage children to walk and bicycle to and from school
- 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

TIMELINE

Application Deadline

August 26, 2013

Walk to School Day Orientation Training

August 29, 2013, 5:30 -7:30 pm

HOW TO SUBMIT APPLICATION

Submit your application on or before 5 PM, Monday, August 26, 2013:

By e-mail: sbrookes@co.shasta.ca.us

Drop off or mail:

Shasta County Public Health
Safe Routes to School Program
Attn: Sherrie Brookes
2660 Breslauer Way
Redding, CA 96001

Electronic version of the application is available online at: www.healthyshasta.org

Questions, contact Sherrie Brookes 229-8456.

WHAT TO SUBMIT

1. Cover Sheet
2. Checklist
3. Application Form

COVER SHEET

| | | |
|----------------------------------|--|--------------|
| School Name & Address | School Principal Name & Email Address | Phone |
|----------------------------------|--|--------------|

| | | |
|----------------------------|----------------------|--------------|
| Project Coordinator | Email Address | Phone |
|----------------------------|----------------------|--------------|

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| Person Submitting Application | Email Address | Phone |
|--------------------------------------|----------------------|--------------|



ACTIVITIES CHECKLIST

Activities to be coordinated for Walk to School Day:

Attend Walk to School Day Orientation and Planning Meeting on August 29, 2013. Meeting will give tips on planning an event, share success stories, and give organizers an opportunity to plan their event.

Assign 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 an *on-going* walking school bus or bike train. For more information, see: http://www.saferoutesinfo.org/guide/walking_school_bus/index.cfm

Hold a Walk to School Day event **on October 9, 2013**. *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.

Request of Supplies/Materials for Walk to School Day Activities (check box if you would like item, indicate quantity where there is a box *after* the item)

Pedestrian Safety Bingo Cards to use for educational purposes before W2S Day

Vests for parents/teachers/adult helpers; **Quantity:** _____

Collapsible water bottles for all student participants; **Quantity:** _____

Banner

Other requests for supplies to make your event a success (please explain and add quantity if applicable):

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* (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* the school year (i.e. weekly or monthly walking school bus/bike train, regular activities/events)

APPLICATION FORM (continued)

Orientation Meeting

At least two (2) people from your PTA/parent club or school must attend the mandatory orientation meeting, which will provide resources and assistance to help with implementation of the program. Orientation will be held :

**Thursday, August 29, 2013, 5:30-7:30pm at Shasta County Public Health's
Community Conference Room, 2660 Breslauer Way, Redding.
A light dinner will be provided.**

Signature of Person Submitting Application & Title

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.

SUBMIT THIS APPLICATION BY E-MAIL: [HERE](#)