

Before School Events



Ready-to-Ride Night (After School) Ride Your Bike to School (Before School)

Location

Wakarusa Elementary School
Wa-Nee School Corporation
Wakarusa
www.wanee.org
574.862.2000



Before School Events

Icons Present:



What we did:

'Ready to ride night' was a family bicycling event that was held after school from 4-6pm. Families came out to ride their bikes together around the school's outdoor walking path. Any student who successfully completed 10 laps (5 miles) was rewarded with a bike charm. In addition, participants were able to "Recycle your Bicycle". The concept was to give students the opportunity to 'recycle' their outgrown bike and give it to someone who may not own a bike. In return, they could possibly find an age-appropriate bike of their own. Any bicycles left after the event were donated to a local charity that provides items to underprivileged families. As the night concluded and families completed their bicycle rides, every individual was given string cheese as a reminder of the importance of dairy products and the benefits of building strong bones. Meanwhile, posters were created using photos of staff and students actively engaged in physical activities. These posters included a "Get Fit" message and were displayed around the building.

A local police officer gave a presentation on bicycle safety. He visited each grade level and discussed helmets, hand signals, riding with a buddy, and wearing bright colors.

Having completed 'Ready to Ride Night', students were prepared for the next event. 'Ride Your Bike to School' was held at 7:00 am before the start of school. After gathering in a local church parking lot, parents, students, and teachers rode to the school together with a police escort. Two teachers walked with a small group of students that did not have (or couldn't bring) bikes. After arriving at school, everyone met in the cafeteria to enjoy a "make your own" yogurt parfait breakfast prior to school beginning. This event was a huge success with approximately 600 parents, students, and staff all participating!

Best practice tip:

Plan for the unexpected. Wakarusa was prepared when students showed up for the ride with no bikes. Students were still able to participate by walking to school with a group of teachers.



Before School Challenge

Location

West Central Elementary School
West Central School Corporation
Francesville
www.west-central.k12.in.us
219.567.9741



Before School Events

Icons Present:



1 LOW

What we did:

Each student received a challenge tracker card on colored cardstock with five suggested activities on it: 10-20 jumping jacks, 5-10 sit ups, 10-20 toe touches, 5-10 pushups, and jog in place for one minute. A letter was attached to the tracker explaining to parents that students were to perform as many of the activities as they could each day before they left for school. When the students completed the activity the parents were to check the activity off on the tracker. At the end of the challenge the students returned the tracker to their teacher. The three classes with the highest participation (based on percentage) won fitness equipment such as balls, jump ropes, and hula hoops to be used in their classrooms. The challenge took place over a two week time period.

Best practice tip:

Allow parents to serve as good role models for this activity by encouraging parents to participate in this challenge with their students.



Walk with the Principal

Location

Waterloo Elementary School
DeKalb Co. Central United Schools
Waterloo
www.dekalb.k12.in.us
260.920.1016



Before School Events

Icons Present:



1 MED

What we did:

Students were invited to participate in a walk with the principal before the start of the school day. Teachers, administrators, community members, and parents were involved in this outdoor activity. Before the walk started there was a brief presentation on the importance of lifelong physical activity and nutrition. During the walk, students handed a football to each other utilizing their team building skills. At the end of the activity, each student was given a yogurt snack to reinforce how physical activity and nutrition work together to prepare the body for learning. A local hospital and library provided support and supervision for this event.



Best practice tip:

Coordinate walk to school events to begin when you will have sunlight to guide your way. Starting the walk while it is still dark can be a safety concern for motorists and walkers.

Variations or other helpful tips for walk to school events:

William Tell Elementary School (Tell City) coordinated their walk with "International Walk to School in the USA Day". The high school graphics art class made a banner for students to carry as they walked. The police department supervised intersections as well as the roads to keep the walkers safe. Upon arrival at the school, the mayor talked about the importance of physical activity and good nutrition.

Covington Elementary School (Covington) hosted a walk event. Even students that rode the bus to school were able to participate. Busses dropped the students off a short distance before the school at a designated location and staff walked with the students the rest of the way to the school.



Clark Middle School (St. John) held a school-wide walk during school. Students and staff were dismissed during the day to participate in the wellness walk. Students, faculty, and staff completed a 1.5 mile walking course outside of the school. With support from staff and the middle school cross country team the course was set up, supervised, and completed by ALL students. The walk provided the spark for several teachers to join a walking club and instilled a sense of accomplishment in many students.

Shelbyville Middle School (Shelbyville) hosted a mile walk with the principal and invited school board members. Following the walk, an oatmeal bar was set up for students and their families. The oatmeal bar included hot oatmeal and various toppings. A fresh fruit cup, juice, milk and coffee were also offered. A power point presentation and discussion followed on the benefits of whole grain, appropriate serving sizes and ways to fit whole grains in your diet.

Benjamin Franklin Middle School (Valparaiso) held a walk to school event. The mayor addressed the students at the start of the event and reminded them of the importance of being physically active. When the students, parents, and staff arrived at the school they participated in a yogurt parfait bar. Teachers were especially appreciative of the event and reported they were more productive in their first hour class. They also felt the students who participated in the walk were more productive and focused than the students who didn't participate.

Students at Custer Baker Intermediate School (Franklin) participated, on a school day, in a half mile walk on the school track during an early class period. Following the walk the students were nourished with a carton of milk.



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