

Healthy Champion Schools: Hosting a Walk to School Day Event



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Welcome!



**Thank you for being a
Healthy Champion School**



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Signature Events



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Agenda



- Background
- Organize your team
- Plan your event
- Promote your event
- Additional Portal resources





Background

- Walk to (or at) School Day (WTSD) is celebrated annually
- International effort to create safer and improved walking routes, promote healthier habits and conserve the environment



Host a WTSD Event



Join millions of others around the world

Check our website for this year's date!

pennstatehershey.org/PROwellness



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Organizing Your Team



- Administration
- Teachers
- School nurse or nutritionist
- Food service



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Planning Your Event



1. Brainstorm

- Meet with school health committee members
- Compare past events



2. Get administrator support

- Principal and/or other administrators



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Planning Your Event



3. Register your event
 - <http://walkbiketoschool.org/register>
4. Recruit volunteers and community partners



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Example Activities

- Walking School Bus
- Kick-off events
- Set a mileage goal
- Walk at school



Promoting Your Event



- School newsletter
- Local newspapers / news stations
- Flyers
- In-school announcements and assemblies



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Explore the Portal

- Download free resources:
 - Event Poster (*Champion toolkit!*)
 - Press Release Template
 - Newsletter Article
 - Morning Announcement
 - Parent Letter
 - Stickers



See You There!



- Follow us on Facebook
 - Celebrate with us and connect with other Champion Schools
- Take photos and videos
- Congratulate participants
- Thank your team, sponsors, volunteers and participants



Thank you!

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