



Coordinated School Health

South Dakota Departments of Education and Health
healthyschools.sd.gov

What is South Dakota Schools Walk-n-Roll?



South Dakota Schools Walk was developed from a program begun by the Centers for Disease Control and Prevention (CDC) called Kids Walk-to-School. The idea was to get children to walk/bike to school yearlong.

South Dakota Schools Walk-n-Roll is a variation of that program. It focuses not only on kids walking/biking to school, but also kids walking while they are *at* school. This can take on many different forms, such as walking during recess or before and after the school day.

The enjoyable part of South Dakota Schools Walk-n-Roll is that it can take on whatever form you choose that works best for your school and your students.

We hope that all South Dakota schools and After School Programs will be able to incorporate some of the ideas given below into their normal routines.



[Register here](#) to take that first step.

What is the goal of South Dakota Schools Walk-n-Roll?

The goal of the South Dakota Schools Walk-n-Roll is to fight childhood obesity, specifically in grades K-6. This, however, does not exclude kids of all ages. It simply means that these children will be eligible to receive incentives from the program for their walking achievements.

By taking part in the South Dakota Schools Walk-n-Roll, your school, along with others, will work to create healthier and more physically active South Dakota communities!



How can students track their accomplishments?

Participating K-6 students will receive an 8-inch colored chain with a Foot or Runner charm and a punch card for each month of the school year. To acknowledge their achievements, students will receive a charm of the month. If you don't walk or bike, see the back of the punch card for other activities you can do, the time you need to do that activity, and then convert it to steps!



The purpose of the **South Dakota Schools Walk-n-Roll** program is more than just getting together with children and going for a walk to school one day or week a year. The event's greater aim is to bring forth **permanent** change in communities across the globe. A few of its goals include:



INCREASE levels of physical activity in children by teaching them the pleasure of walking and bicycling and building physical activity back into their daily routine.



IMPROVE safety by giving children the opportunity to learn and practice safe pedestrian and bicycle skills.



EDUCATE and empower community members to work together with police, Department of Public Works, the school, and other parents to create safe routes to school. For example, if the problem was a need for sidewalks, you would work with the Department of Public Works to get sidewalks installed; and if the issue were high speed traffic, you would work with police to lower speed limits and enforce them.



Every October, a one-day event is celebrated to kick-off walking to school yearlong and raise awareness about the importance of walking and bicycling to school

1. Go to www.walktoschool-usa.org to find out about this year's October event and visit www.iwalktoschool.org to see what other countries are planning.
2. Talk to your principals, police, and parents right away. Line up partners. Invite elected, health, safety and transportation officials, local businesses and the media to join the event.
3. Register your event on the Walk to School Day web site and find walking checklists, sample press releases, flyers, logos, and more!

For detailed information on how to conduct a walk program, check out the Centers for Disease Control and Prevention's Kids Walk-to-School guide at www.walktoschool.org/register

Throughout your time with South Dakota Walk-n-Roll to School, you will have many memorable moments and exciting stories of breakthrough, change and success in one or many of your students. We want to hear them all! It is important for the success and continuation of this

program, but will also encourage other schools to join the program as well! So don't hesitate, [share your story](#) now!

Please remember to include all students regardless of their abilities in the activities that your class chooses to participate in. If you have any questions, please contact Coordinated School Health staff at [605.773.6189](tel:605.773.6189).

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