



Coordinated School Health

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

South Dakota Walk-n-Roll 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 Walk-n-Roll to School 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 SD Walk-n-Roll to School is that it can take on whatever form you choose that works best for your school or program. To get ideas, click on [Fun Ideas](#) to get your mind going on how to start your own South Dakota Schools Walk program! If you're still wondering, look at our [FAQ's](#).

This is the seventh year that the Coordinated School Health Program has sponsored a Schools Walk Program and the first year of our collaboration with Safe Routes to School in the Department of Transportation. The goal has been 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.

This year, participating K-6 students will receive an 8-inch colored chain a Foot or Runner charm and a set of punch cards for participating in the South Dakota Walk-n-Roll to School program. To acknowledge their achievements they will receive a charm of the month for their accomplishments. If you don't walk or bike see the back of the monthly punch card to see other activities you can do, the time you need to do that activity then convert into steps.

For taking the initiative the coordinator will receive a gift for classroom use.

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



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The purpose of the **South Dakota Walk-n-Roll to School** 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.

These are just a few reasons we love **South Dakota Walk-n-Roll to School. Here are **more!****

A one-day kick off event during the **International Walk to School Week**, celebrated every October to kick-off walking to school yearlong and raise awareness about the importance of walking and bicycling to school. This year's International Walk to School Week is celebrated during the week of October 4-8, 2010, and the official International Walk to School Day of 2010 is held on Wednesday, October 6. **Celebrate the whole month of October.**

Three Steps and You're Walking-n-Rolling

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



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We hope that all South Dakota schools and After School Programs will be able to incorporate some of these ideas into their normal routines. There's an old Chinese proverb from Lao Tse that says, "The longest journey starts with a single step."

[Register here](#) to take that first step. Let's Walk-n-Roll to School

Throughout your time with Schools Walk, 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!

Click here for **[Even more ResourcesII](#)**

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 Colleen Reinert by phone at 605.773.6189 or email Colleen.Reinert@state.sd.us

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