

Sample Announcements for International Walk to School Day 2014

DAY 1 – Thursday, October 2, 2014

Good morning boys, girls, faculty, and staff.

Next week on Wednesday, October 8th, we are going to take part in International Walk to School Day. This special activity is part of Chesapeake's Safe Routes to School program.

Safe Routes to School supports walking and biking to school and also promotes regular physical activity opportunities for students. Later today in your brown envelope, you will be taking home a flier that shares information about International Walk to School Day and Safe Routes to School with your family. Over the next few days you will hear more exciting information about our International Walk to School Day event.

DAY 2 – Friday, October 3, 2014

Guess what boys and girls? There are only 5 days until International Walk to School Day. This event promotes the great lifelong healthy habit of walking. Did you know that our ancestors walked over 10 miles each day? Our bodies are designed to move and walking is an easy way to keep your body strong and healthy as you get older. Next Wednesday as part of International Walk to School, we are going to have the entire school take part in the WOW (Walking on Wednesday) Challenge. Next Wednesday morning every student will [walk for 5 minutes on our campus/complete one lap around the building/playground /etc.]. I hope you are looking forward to completing the WOW challenge!

DAY 3 – Monday, October 6, 2014

International Walk to School Day is just two days away, I hope you are ready to get up and get moving! Speaking of moving, did you know that being physically active improves your ability to learn? Exercise increases the blood flow which primes your brain for learning. Exercise improves the ability of your brain to problem solve, maintain attention, and control impulses (known as "executive function").

DAY 4 – Tuesday, October 7, 2014

Good morning, I hope you are getting excited about International Walk to School Day and our WOW Challenge. As we get ready for our walk tomorrow morning, did you know that the Center for Disease Control (CDC) recommends that children 6-17 years old should have at least 60 minutes of physical activity a day? Walking is a simple and effective way to help you meet the recommended amount of physical activity each day.

Day 5 – Wednesday, October 8, 2014

Congratulations for completing our International Walk to School Day WOW Challenge! Thank you for being safe during your walk, I really enjoyed watching you get an active start to your day. Don't forget to share your experience with International Walk to School Day with your parents when you get home later this afternoon.

Or

Now it is time to get up and get moving for our International Walk to School Day event. Carefully line up and follow your teacher to your designated starting spot. Don't forget to share your experience with International Walk to School Day with your parents when you get home later this afternoon.