

Help Start a Park and Walk Program for our School

Sample Letter from the principal:

Dear Parents,

Although many of our students live more than 5 miles away from school, I'd like to still encourage more students to walk or bike to school. Therefore, I'd like to recruit parent volunteers who are willing to initiate a "Park and Walk" program.

This program asks parents to transport children to a meeting spot that is walking distance from our school. From there, students (and parents if they wish) can walk to school together. This is an easy way to increase physical activity and decrease car traffic and pollution in our school yard.

What I like best about the "Park and Walk" program is that it offers our students an additional opportunity to incorporate exercise into their day. Exercise before school has been proven to improve a child's ability to learn and exercising regularly can also reduce the risk of childhood obesity.

Families who are interested in participating in a "Park and Walk" program for our school community can contact me for more information.

Sincerely,

YOUR PRINCIPAL

This blurb is offered free of charge by the Center for Health & Learning with funding from the Vermont Agency of Transportation Safe Routes to School Program.



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