

Success Story

Covington Street Elementary, *Walk Across America Program*, Scotland County

The Scoop

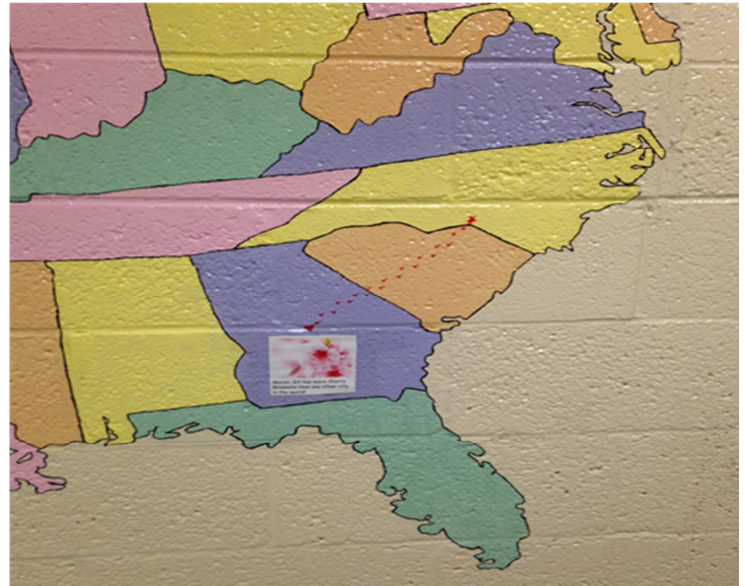
Covington Street Elementary started a *Walk Across America Program* for students. The *Walk Across America Program* is an encouragement activity to get students excited about walking. Schools identify their goal and track students' steps in pursuit of that goal, for example, a walk from Scotland County to Seattle, Washington.

The program resulted in:

- A bike safety training day for all students. The local fire department and Region 6 Active Routes to School Coordinator taught bike safety and allowed the students to practice their skills on bikes supplied by the local Safe Kids Coalition.
- The school's participation in their first International Walk to School Day, which then prompted them to add a Wednesday remote drop-off program. Each Wednesday the students walk a quarter mile from the Laurinburg Presbyterian Church to the school in which students' steps are tallied up to go towards their *Walk Across America Program*.

The program reached:

- An average of 320 students daily



About

Covington Street Elementary School started a *Walk Across America Program* for students. Students participate in 30 minutes of physical activity prior to the start of each school day. An average of 320 students walks for 30 minutes around the perimeter of the school's playground each day. The Active Routes to School Coordinator supplied the students with a racing bib to wear and a water bottle for their walks. A local pediatrician and parent volunteers track the distance of students wearing their racing number in order to tally up and post the distance traveled on the map of the United States located in the school. This friendly competition encourages students' participation in the program. The *Walk Across America Program* also resulted in opportunities for students to receive hands-on bike safety training as well as participate in remote drop-off walk to school day activities.

Partners

Covington Street Elementary School Staff, Local Pediatrician, Parent volunteers

For more information contact

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