

# Success Story

## Cullowhee Valley School Weekly Walking Wednesday Program, Jackson County

### The Scoop

Cullowhee Valley School started a Weekly Walking Wednesday Program in 2014 for Kindergarten through eighth grade students.

### The program resulted in:

- Cullowhee Valley School administrators commitment to continue the Weekly Walking Wednesday Program in 2015.
- An average of 90 students, families and Western Carolina University sports team members participating in the Weekly Walking Wednesday Program in 2015.
- All Western Carolina University sports teams walking with the students each week in its second year.

### The program reached:

- In 2014, an average of 70 students, families and Western Carolina University football players and coach.



### About

Cullowhee Valley School started a Weekly Walking Wednesday Program. Each Wednesday, an average of 70 students, families and Western Carolina University (WCU) football players and coach walk a quarter-mile trail from the Jackson County Recreation Center to the school. The WCU football players and coach ensure safety of students on the trail by walking in small groups. Due to the camaraderie developed with the students, many of the WCU football players who receive service learning credits for their participation surpassed their obligation in order to continue their commitment as walking buddies.

Active Routes to School partnered with the WCU Parks, Recreation and Management class to provide intern opportunities, one of which led to the development of this walking program concept. When WCU students departed for the summer, parents, teachers and community volunteers continued the program through the remaining school year in order to maintain the students' excitement and celebrate their accomplishments. Cullowhee Valley School has continued the weekly walking program for a second year with an increase of 20-30 students per week.

### Partners

Cullowhee Valley School School Staff, Jackson County Parks and Recreation, Western Carolina University, Community Volunteers, Parents

### For more information contact

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*"As a mother of two boys that participate in the event weekly, the program fosters excitement for getting to school so they could walk with their friends and are pumped about being part of the program."*

**- Megan Brown, Cullowhee Valley School Parent**