

Walk and Bike to School Day Events

Yearly events like Walk to School Day in October and Bike to School Day in May offer an opportunity for a large number of students to gather and walk or bike to school together. On these days schools celebrate walking and biking for everyone, whether by walking or biking at school or on the way to school. For schools that are new to biking and walking, these events are a chance to try it out. For those that have frequent walking and biking to school, these events can be celebrations of active travel. Schools can also use the events to bring attention to needs in the community to make walking and biking safer for all.

Read on to find tips for planning an event, how to involve students with disabilities in events, and tips for parents who want to be involved. For a complete selection of resources on Walk and Bike to School Day, go to walkbiketoschool.org.

Snapshot: Walk and Bike at School Days in North Wilkesboro Rolls into Much More

When PE Teacher Christy Rhoades' passion for children's health and fitness met up with the idea of Walk and Bike at School Days, magic happened. Starting with a Walk at School Day event at The Mulberry Elementary, Mrs. Rhoades saw the enthusiasm it brought to her students. The school principal, the Regional Active Routes to School Coordinator and the local Safe Kids Coalition came together to plan a Bike at School Day event on the school's campus. The Wilkes County School District Superintendent and Director of Athletics and Healthful Living joined the celebration.

Students were excited about the event and receiving a new bike helmet, but Mrs. Rhoades noticed that some students did not know how to ride a bicycle. This observation solidified her commitment to integrate the NC *Let's Go Biking!* curriculum into her PE classes. To ensure her students could have on-bike skills practice, she applied for (and received) a NC Department of Transportation Helmet Grant and a Wilkes Hall of Fame grant for bicycles. She now integrates on-bike practice in the gym throughout the school year. One inspired student decided to change his Christmas wish from a video game system to a new bicycle. His wish came true and since then he has learned to ride confidently, and has achieved a healthy weight.