# Putting It Into Action

Elitha Donner Elementary School Elk Grove, California

Michelle Jenkins, Principal



# Elitha Donner Elementary

880 Students
80 English Learners
16 Languages spoken
61% Socio-economically
disadvantaged students



#### **Demographics**

18% African American

12% Asian

5% Filipino

33% Latino

1% Pacific Islander

21% White

10% 2 or more races

**2010 California Distinguished School** 

**National Elementary Honor Society School** 

Operates on a 4-track, year-round calendar

An event that provides the opportunity to bring the community together to make healthy habits fun, accessible and achievable.



## Prior to the Event

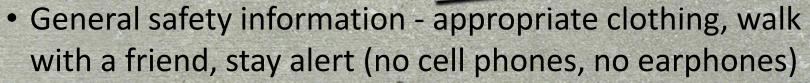
Convene a planning committee of engaged parents, staff, administrators and community members.



## Prior to the Event

### Safety Assembly

- Walking safety
- Bicyling laws and safety



Send home "Walkability Check List"



## Prior to the Event

### **Flyers**

- Information sent to parents and distributed in the surrounding neighborhoods
- Encourage neighbors to participate
- Reminder to be vigilant of walkers and bicyclists – especially during school hours





- Staging areas are established for students who live outside of safe walking distances.
- Walking school buses at several locations.
- School parking lot closed for a law enforcement and safety vehicle display.
- All students receive a free healthy breakfast.





#### Middle School and High School students participate

- Cheerleaders
- Bands
- Leadership Students
- Athletes





#### Informational booths.

- School Traffic Safety
- How to get children to school safely
- Neighborhood Watch
- Child Safety/ID
- EGUSD Farmers' Market
- Snack & Water Station





### Health and Safety Fair

Students rotate through each station

- Adaptive Martial Arts
- California Fitness "Obstacle Course"
- EGUSD Police Services and safety
- EGUSD Food and Nutrition Services
- Fire Department
- A Punt, Pass and Kick class competition
- Parks and Recreation Bike and Skate Boarding Demonstrations
- Sacramento County Sheriff's Department K-9
- Track & Field Events
- Zumba





#### Safe Routes to School

- Comprehensive Safe School Plan (CSSP)
- Continue Assessment of Student safety routes
- Community Outreach
- Public Transit
- Coordinated support from EGUSD Police Services
- Signage and Visibility



- EGUSD SHAPE program
- Classroom Curriculum
  - Agriculture in the Classroom
  - SRTS classroom curriculum
  - WTSD class activities
  - Walk (Run) Across America
- Student Valets during arrival/dismissal







#### **After School Academies**

- Mara-fun=run
- Walking/Jogging
- Nutrition Education
- School Garden
- Basketball, Volleyball, Track & Field





#### **Student Unity Rallies**

- Focus on environmental awareness (air quality and carbon foot print)
- Health
- Wellness
- Unity

#### Back to School Nights and Parent/Student Newsletters

- Traffic Safety Reminders
- Community Awareness
- Fitness Event Information



#### Assemblies/Fieldtrips

- Dairy Council of California
- Karate
- Safety Skills
- Emergency preparedness (fire, law enforcement)
- Safetyville USA in Sacramento

The President's Challenge

CA Governor's Fitness Challenge (ended last year)



#### Parent Coordination

- Students walking together
- Knowing all of our kids
- It's our village adult responsibilities





### **Community Partnerships**

- Municipal
- Law Enforcement
- Parks and Recreation
- Local Businesses
- Dairy Council













### Resources

- Elitha Donner Elementary School <a href="http://blogs.egusd.net/donner/">http://blogs.egusd.net/donner/</a>
- EGUSD Board Resolution <a href="http://tinyurl.com/bbnu2tl">http://tinyurl.com/bbnu2tl</a>
- California Active Communities <u>www.caactivecommunities.org</u>
- California School Boards Association Sample Regulation
  - Safe Routes to School Program <a href="http://goo.gl/5K3lm">http://goo.gl/5K3lm</a>
- California Walk to School Website <u>www.cawalktoschool.com</u>
- International Walk to School Website www.iwalktoschool.org
- Walk to School USA Website <u>www.walktoschool-usa.org</u>



## Contacts

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