

Putting It Into Action

Elitha Donner Elementary School
Elk Grove, California

Michelle Jenkins, Principal



Unified School District

Elitha Donner Elementary

880 Students

80 English Learners

16 Languages spoken

**61% Socio-economically
disadvantaged students**



"Crest the Wave of the Future"

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



Walk to School Day

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
- Bicycling laws and safety
- General safety information - appropriate clothing, walk with a friend, stay alert (no cell phones, no earphones)
- 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



Walk to School Day

- 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.



Walk to School Day

Middle School and High School students participate

- Cheerleaders
- Bands
- Leadership Students
- Athletes



Walk to School Day

Informational booths

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



Walk to School Day

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



Keep Up the Momentum!

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



Keep Up the Momentum!

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



Keep Up the Momentum!

After School Academies

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



Keep Up the Momentum!

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



Keep Up the Momentum!

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)



Elk Grove Unified School District

Keep Up the Momentum!

Parent Coordination

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



Keep Up the Momentum!

Community Partnerships

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



Resources

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



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