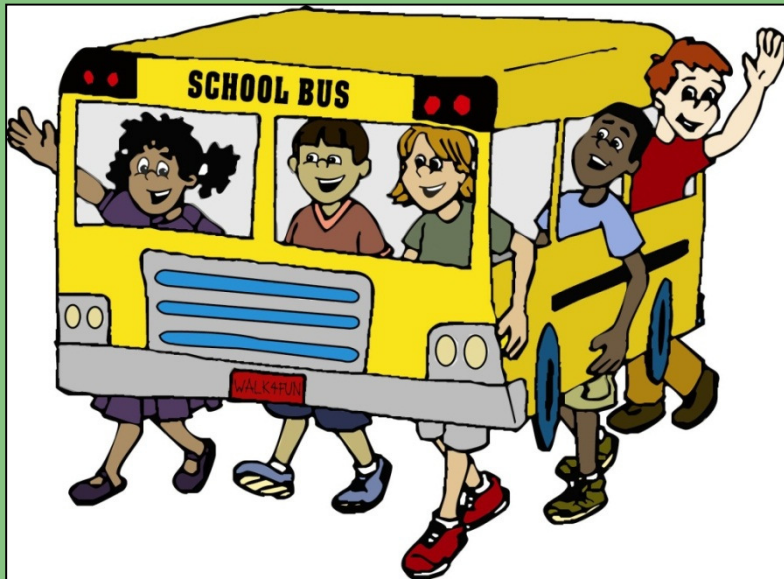


# Walking School Bus Volunteer Leader Training



# 1. Background

## Childhood Obesity

- About one-third of American children are obese or overweight.
- Obesity among elementary-age children has quintupled since 1965.
- Obesity and overweight lead to heart disease, diabetes, stroke, depression and numerous other life-threatening illnesses.
- Regular exercise helps maintain healthy weight.

# ***The Vision***



# ***The Reality***



# Child Obesity and Walking to School

	<b>1970</b>	<b>2000</b>
<b>Walk-to-School Rate:</b>	<b>66%</b>	<b>10%</b>
<b>Child Obesity Rate:</b>	<b>5%</b>	<b>16%</b>

Sources: JAMA, CDC

# Walking School Bus Student Recruitment

- WSB Leader determines route, starting location, and starting time
- List of leaders and above info distributed to school population.
- Leaders may recruit other parents and/or neighborhood children to join their WSB.
- Parents who learn about WSB leaders in their neighborhoods may contact WSB leaders to inquire about participating on the WSB (either joining as another adult leader, or dropping their child off with the leader or leaders).
- Parents are not to drop off children with another WSB leader unless they know there are enough adults to monitor all the children AND the participating parents are OK with monitoring other parent's children. The WSB has been established to facilitate parents meeting up with one another, it is not a child care program.

# First Day of WSB

- Talk to kids/parents about safety and make sure parents and students understand that they must listen to and obey adult instructions, and arrive on time.
- Establish a “system” for contacting one another in the event of bad weather, illness, etc. (see bad weather condition cancellation guidelines)

# Walking Road Safety

Be Visible

Walk, Don't Run

Stay on the Sidewalk

Walk Sensibly (No “Horsing Around”)

Walk Together as a Group

Cross Side Streets as a Group

Cross Main Streets at a Crosswalk or Intersection

# Be Visible

Walking School Bus Leader should have

**BRIGHT  
OUTERWEAR**

**(carrying a stop paddle is  
also an option)**



# Walk, Don't Run

**YES**



**NO**



# Stay on the Sidewalk

**YES**



**NO**



# Walk Sensibly (No “Horsing Around”)

**YES**



**NO**





# Walk Together as a Group

**YES**



**NO**



# Cross Side Streets as a Group

**YES**

**NO**



# Cross Main Streets at a Crosswalk or Intersection



**YES**

**NO**





# Set consequences for children not following rules (if/when parents are not present)

## Possible Consequences:

- First Offence: Warning and phone call to parents
- Second Offence: Suspension for one week
- Third Offence: Expulsion from Walking School Bus

*Use discretion if offences are minor.*

# Teaching Children Road Safety

Take the opportunity to coach kids in road safety:

- \* Choosing where to cross
- \* Crossing roads at mid-block: “Left, Right, and Left again”
- \* Crossing main roads and side roads
- \* Making eye contact with drivers
- \* Checking ALL ways



# Cancellation Due to Bad Weather

WSBs should be cancelled if:

- Temperature is below 25 degrees
  - \* It is raining hard enough to wet children's clothes
  - \* There is a severe weather warning in the area

*Parents should not drop children off at WSB location unless they know enough adults are present to monitor children.*

# Having fun

## Games:

- \* Alphabet Game
- \* Animal Game
- \* Eye-Spy
- \* Letter of the Day

# Walking School Bus Benefits

1. Improved health and fitness
2. Better behavior and focus in class
3. Positive interaction with a caring adult
4. Less traffic congestion and air pollution around schools
5. Social opportunity for kids