



Walking School Bus

A healthy way to get to school.

What is a Walking School Bus?

It's as simple as it sounds. It is a group of students walking to school with one or more adults. It is a fun, safe and active way for children to get to and from school. It can be informal with two or more families walking their children to school, or it can be a more like a real school bus in the sense that it is scheduled to leave at a certain time and children can get on and off the school bus at their appropriate stop. Each bus walks along a set route with at least one adult 'driver' picking children up at a designated stop and walking them to school. The Walking School Bus can be flexible in order to meet the needs of the families participating.

Why walk to school?

According to the National Center for Safe Routes to School, walking to school is associated with higher overall physical activity throughout the day. There are many benefits to physical activity for children.

- Weight and blood pressure control
- Bone, muscle and joint health
- Reduces the risk of diabetes
- Improve psychological welfare
- Better academic performance

How do I set up a Walking School Bus at my school?

Here are two great resources to help you get started:

1. National Center for Safe Routes to School
http://guide.saferoutesinfo.org/walking_school_bus/index.cfm
2. Walk/Bike to School
<http://www.walkbiketoschool.org/>

Parents, consider talking to your school principal/teachers to see if something similar already exists to get their support. And teachers, be sure to engage parents to help lead your school's Walking School Bus.

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Be Well SHBP

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For more information, contact:

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Go to **BeWellSHBP.com** and click on the Health Coaching and Support page.

References:

www.saferoutesinfo.org
<http://www.saferoutesinfo.org/program-tools/what-are-health-benefits-children-who-walk-or-bicycle-school/>
http://www.cdc.gov/pcd/issues/2008/jul/07_0075.htm

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