



East Central Wisconsin Regional Safe Routes to School Program

# GOLDEN SNEAKER PROGRAM





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# ABOUT THE EAST CENTRAL WISCONSIN REGIONAL SAFE ROUTES TO SCHOOL PROGRAM

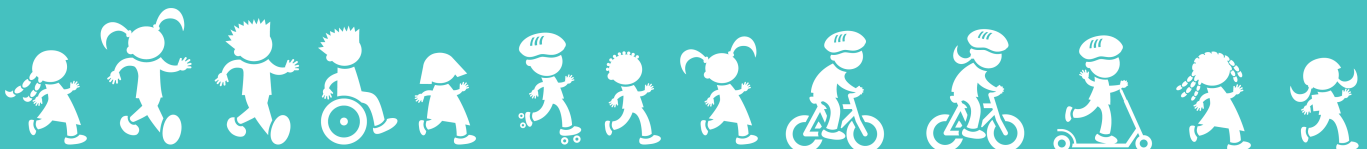


Today, levels of physical activity are significantly low when compared with statistics 50 years ago. The Safe Routes to School team is working to reverse this trend by focusing on the many benefits of increased physical activity for students and the school community, reducing traffic congestion and pollution, and creating more livable communities.

The Regional Safe Routes to School (SRTS) Program was started in October of 2009. Our goal is to help children get to and from school safely while motivating children to experience the benefits of walking or biking to school. Safe Routes to School programs provide the opportunity to make walking and biking to school fun, healthy, safer, and accessible to all who chose to walk and bike to school. SRTS programs offer opportunities for students of all abilities to experience independent travel. Active travel connects people, develops friendships, creates healthful opportunities, and empowers youth to be active and independent. Safe Routes to School programs play a pivotal role in communities' efforts to become more inviting, accessible, and inclusive.

The program encompasses a seven-county region in northeast Wisconsin including Calumet, Fond du Lac, Menominee, Outagamie, Shawano, Waupaca, and Winnebago counties.

Programming is designed around key components put forth by the Safe Routes Partnership, a national organization working to advance safe walking and rolling to and from schools. These components provide an organizing framework and are known as the six E's. They include Education, Encouragement, Engagement, Equity, Engineering, and Evaluation. Walking and biking are an important part of leading a healthy lifestyle.



# INTRODUCTION



## GOLDEN SNEAKER PROGRAM

The East Central Wisconsin Regional Safe Routes to School Program aims to increase the number of students walking and biking to school by making it a safe and fun activity. Classrooms compete daily to win the Golden Sneaker Award. This program uses fun competitions and prizes to reward students who walk, bicycle, carpool, or ride the bus to school.

## WHY DO IT?

### ENGAGEMENT!

A Golden Sneaker Program can engage the entire school in efforts to increase walking and bicycling. It encourages students to be physically active, decreases traffic congestion around your school, and builds a sense of community.

### FUN COMPETITION!

Students compete against classmates, other classrooms, or other grades by logging walking, bicycling, carpooling, and bus trips. Trips are recorded at individual or classroom level and periodic celebrations or raffles keep students engaged and motivated.

### CREATIVE TEACHING TOOL!

Classrooms can keep tallies of how many car trips each student has traded for walking or rolling and the total distance traveled. Some classrooms might find themselves keeping track of a walk across the country to some place they have been studying.

Tracking miles can become a part of geography, history, science, and math lessons.



# MAKING IT HAPPEN



## HOW DOES IT WORK?

A Golden Sneaker Program can be flexible based on the needs and capacity of the school. Students within a classroom can compete with each other or with students in other classrooms. Consistency is important, but the frequency of tallies and prizes are scalable. The overreaching premise is that a prize of distinction- the **GOLDEN SNEAKER TROPHY** -is in contention. This handbook provides the steps for running the competitions.

## DESIGNING YOUR GOLDEN SNEAKER PROGRAM

Interested in the Golden Sneaker Program? There are different ways to run your Golden Sneaker Program. The number of staff interested in participating and the time commitment you can make will influence the overall program design.

### GOLDEN SNEAKER PROGRAM CHOICE

School wide competition between grade levels **or** Classroom competition between students

Punch cards and Trip tallies

Once a week or month for the entire school year **or** Week or month long competition

Grand prize at end of competition **or** Interim prizes each week or month

# PLAN YOUR GOLDEN SNEAKER PROGRAM

The first steps are to decide if your program will last one month or the school year; will you run a competition within a classroom, or between grade levels or classrooms.

Classroom teachers track trips using tallies (form provided in handbook). Completed tally tracking sheets will be turned in to the program coordinator on a weekly or monthly basis depending on how long you have decided to run the competition.

If you decide to have students track trips using a punch card, volunteers or staff will need to be available to punch cards as students arrive to school. Students can receive a “punch” for walking, bicycling, carpooling, or riding the bus. Completed punch cards can be turned into the program coordinator and saved to be entered into a raffle for a prize at the end of the competition.

## PROMOTE THE PROGRAM

At the start of the school year, include a kick-off notification in the school newsletter and talk about it at an opening school year assembly. Send a letter home to parents with logistics and details about how to participate. Consider providing contact information for parents to sign up to volunteer or to lead a Walking School Bus or Bike Train.

## KEEP KIDS EXCITED

Classes can “walk their way” to other cities in Wisconsin or to geographic or historical landmarks like Mt. Rushmore or Sequoia National Park. Teachers can use a large map to track the total classroom miles as students walk or roll them.

Periodically, the principal can update classrooms on progress by sharing fun facts such as “so far, the 2nd grade has walked all the way to Lake Michigan” or “the amount of walking, biking, carpooling our school has done this month prevented the same amount of pollution as planting 15 trees.”

At the end of the week or month, add up the number of trips for each student or classroom. The classroom with the most trips walked or rolled receives the Golden Sneaker Trophy. The student with the most trips walked or rolled receives a small prize. If using the punch cards, consider holding a drawing from the completed punch cards at the end of the competition for a grand prize such as a scooter or bicycle.



# MATERIALS & RESOURCES

## SAMPLE NEWSLETTER TEXT

This year, our school will be running a Golden Sneaker Program to encourage students to walk more. The program uses fun competition and prizes to reward students who walk, bicycle, carpool, or ride the bus to school. The Golden Sneaker Program will run from \_\_\_\_\_ to \_\_\_\_\_.

A Golden Sneaker trophy rotates among classes whose students make the most walking and bicycling trips to school. In addition to counting toward the class totals, your student will have a hole punch card to track their walking and bicycling trips. Each completed card will be entered into a grand prize drawing at the end of the month/year. If your student lives too far to walk or bicycle to school, they can earn punches by carpooling with other school friends or riding the bus.

Physical activity improves student learning in the classroom. We hope you'll encourage your child to participate.





# GOLDEN SNEAKER PROGRAM

## CLASSROOM TRIP

### TALLIES



Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Month: \_\_\_\_\_

	I Walked	I Rolled
Sample: Week 1	 	

# PUNCH CARD



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

## LET'S GET MOVING!



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

## LET'S GET MOVING!

