

**Hey Kids -
Walk this way!**

- Talk with your parents to get permission to join the Walking School Bus.
- Find out the routes for your school.
- Sign up at school.
- Follow your driver and listen to the driver's directions.
- Obey traffic signals.
- Walk responsibly to and from the designated stop.
- Be respectful of other walkers.
- Walk in pairs on the sidewalk
- Cross with the crossing guards or the Walking School Bus Driver.
- Never accept a ride from a stranger without permission from a parent.
- For safety reasons, wheels are discouraged on the Walking School Bus. This includes bikes, skateboards, scooters, wheelie shoes and rollerblades.

**It's cool to walk
to school!**



Shawano Safe Routes to School
311 N Main Street
Shawano, WI 54166
(715) 526-4809

Source:
Steps to a Healthier Rochester Olmsted County Public Health
2100 Campus Drive SE
Rochester, MN 55904
(501)328-7500

Climb Aboard



SCHOOL BUS

The Walking School Bus Program

What is a Walking School Bus?

A walking school bus provides a fun, safe and active way for children to travel to or from school with adult supervision—an activity that even the youngest students can enjoy!

Each bus walks along a set route, with at least one adult 'driver' picking up or dropping off children at designated stops near children's homes.

The Walking School Bus can be flexible to transport a variation in the number of students participating.

'Drivers' are volunteer parents and community members who commit to walking with children as their schedule allows. Parents can volunteer by calling the school office for additional information.

The Walking School Bus operates only within the walking boundaries where children are not eligible for busing. It does not replace or change bus routes.

Walking School Bus Benefits

Social benefits

Students and adults make friends and get to know families in the neighborhood which builds healthier, safer communities.

Economic benefits

Walking reduces the number of short car trips which saves gas and money.

Environmental benefits

Walking reduces our dependence on oil, and lessens the harmful emissions and air pollution that cause respiratory problems for those with allergies, asthma and lung disease.

Safety benefits

Walking together can provide a safer environment for children and reduce traffic congestion around the school.

Physical benefits

Walking provides kids with physical activity which helps sleep, behavior, concentration at school and personal health and fitness.

Active Kids-Healthy Kids

Here's what we know:

- Only 16% of our nation's children are walking or biking to school, down from 42% a generation ago.
- The majority of our children do not meet the recommendations for 60 minutes of daily physical activity.
- Children who are less active are more likely to be overweight.
- In the last thirty years the number of overweight children has tripled.
- The health of our children depends on increasing their physical activity.
- Walking to or from school is an easy way to introduce exercise into a child's daily routine.

