



Walk to School Day October 2015

Principal Meeting Worksheet

Benefits of Walking to School

- Walking to school can increase engagement in physical activity after school and during the evening
- Students who actively commute to school have lower body mass indices (BMI) than non-active commuters to school
- Adolescents who actively commute to school have better cognitive performance
- Exercise among children can lead to improved mental functioning on tasks that involve executive functions, such as performing goal-directed actions in complex stimulus environments
- Physical activity can result in better mathematics and reading achievement
- Increased physical fitness levels can result in higher STAR test scores
- Non-overweight students have fewer absences and days tardy to school as compared to overweight students
- Moving from not-overweight to overweight in early elementary school is associated with reductions of teacher ratings of social-behavioral outcomes and learning

Preparing to Meet with the Principal

Check off the steps below as you accomplish them:

- Review the above Benefits of Walking to School
- Set a meeting with the principal
- Tell the principal about LADOT's Walk to School Day Outreach and Support
- Request permission to host a before school event and agree on a date
- Ask your principal to support by:
 - Putting the event on the school calendar (Y/N)
 - Including event information in school e-blasts or folders (Y/N)
 - Participating by giving a short motivational speech on the day of the event using talking points from LADOT (Y/N)

Learn more at:

walktoschoolday-la.org

