



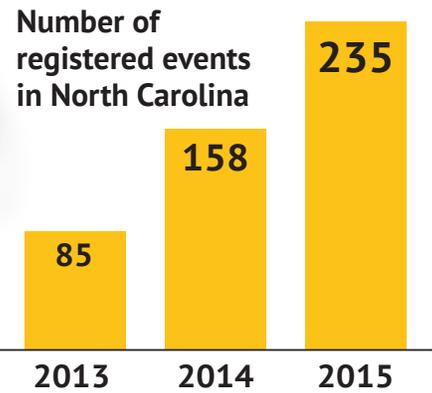
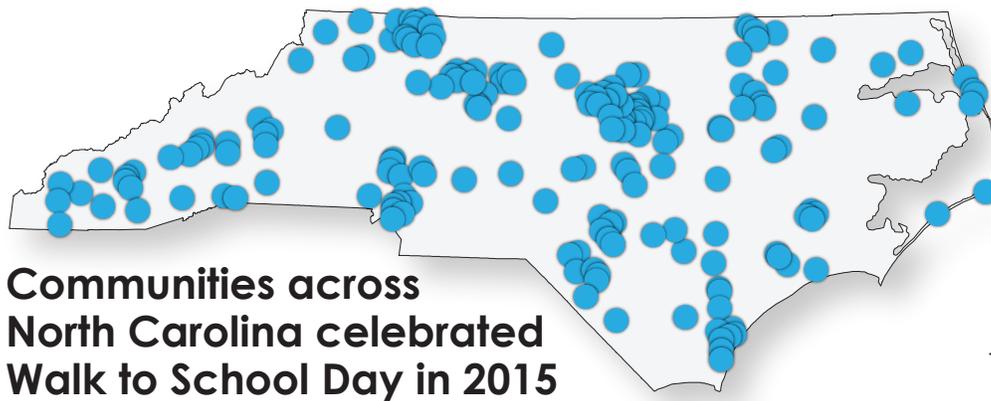
Hertford Grammar School
Hertford, NC

Walk to School Day Participation in North Carolina Skyrockets

What an exciting year for Walk to School Day in North Carolina! More students and adults in schools and communities across the state laced up their sneakers and hit the sidewalks in celebration of Walk to School Day in 2015 than ever before. Events were held in over 60 counties statewide and in all, 235 schools registered events in North Carolina –nearly a 50% increase from 2014. Nationally, in 2014 North Carolina ranked 27th in Walk to School Day registrations and in 2015 North Carolina rose to 6th place!*

North Carolina's signature Walk to School Day event in 2015 was celebrated at Hertford Grammar School in Hertford, NC. NC Department of Transportation Secretary Nick Tennyson, NC Deputy Secretary of Health Services Dr. Randall Williams and several other state and local officials joined students and families on a walk to Hertford Grammar School to show their support for the benefits of walking to school.

* Every year, a Walk to School Day participation rate is calculated to compare state participation. For each state, the total number of events is divided by the total number of public and private elementary and middle schools, where the vast majority of events take place. The number of schools in a state comes from the National Center for Education Statistics (NCES) including "schools beginning with grade 6 or below and having no grade higher than 8." The number of public schools derives from the Public Elementary/Secondary School Universe Survey (current as of the 2013-2014 school year) and the number of private schools derives from the Private School Universe Survey (current as of the 2013-2014 school year). Go to <http://nces.ed.gov/ccd/elsi/> for more information.



“Walk to School Day is a chance for many families to try a different kind of travel – using their feet. It’s an opportunity to see our state and our community in a different way,” said Secretary Tennyson. “Where it’s safe, NCDOT encourages families to look for opportunities to walk to school in October and throughout the school year.”

Communities statewide held all sizes and types of events celebrating walking to school. Lumberton held a community-wide celebration. More than 500 students and families showed their support for the event by joining a procession through town to Tanglewood Elementary. And in Davidson, children at local elementary schools received cheers from local athletes from Davidson College as they walked to school. Meanwhile, students and staff from G.W. Bulluck Elementary in Rocky Mount celebrated fresh air and physical activity by walking laps around the school’s track.



Inspiring Transformation

Walk to School events have a history of leading to policy and engineering changes that help make it safer and more convenient to walk to school on a regular basis, not just for a once-yearly event. In 2015, over fifty percent of event organizers in North Carolina indicated that their event led to planned, or already completed, policy or engineering changes.

Top Three Policy or Engineering Changes in North Carolina

- 26%** Addition of safety education
- 22%** Addition of walking/bicycling promotion to existing school policies
- 14%** Addition of sidewalks, paths or crosswalks

Event Ideas from Across the State

Event organizers are endlessly creative, planning events that reflect their community's priorities and realities. As a jump start to thinking about next year, take a look at some event ideas from across the state.

The whole school walked around our school parking lot several times. Students received information on safety while they visited various tables after their walk and signed our walk and bike banner. We offered opportunities to win prizes for students who completed surveys and quizzes.

– Event Organizer in Battleboro

We recruited community leaders as our Walk to School volunteers. We encouraged parents to drop off their children at our designated location and walk with them to school.

– Event Organizer in Creedmoor

We received Walk and Bike to School day signs from our coordinator and that really helps with the event. City volunteers handed out stickers on International Walk to School Day and that was great for the kids and staff.

– Event Organizer in Durham

I did a Walk at School event during P.E. classes and had the other support teachers bring their classes out too and we walked as a grade level. We gave out participation prizes and had raffles for each class for the bigger prizes. The event went well. We had our field marked off with the cones and used popsicle sticks to count the laps. Students enjoyed the event.

– Event Organizer in Elizabeth City

We met at a local golf course about a mile from our school. We had about 150 students along with parents and teachers walk to school. The local police station also helped us along our route. Back at school, we did an exercise video, "Watch Me" (Whip/ Nae Nae).

– Event Organizer in Raleigh



Cape Fear Elementary
Rock Point, NC

The North Carolina Active Routes to School Project



Walk to School Day events happen with the help of volunteers and professionals around the state who care about safety and getting kids and families up and on their feet. Ten Regional Active Routes to School Coordinators supported Walk to School events this year.

Active Routes to School is supported by a partnership between the NC Department of Transportation and the NC Division of Public Health. Ten Regional Active Routes to School Project Coordinators across North Carolina work to increase safe, daily walking and bicycling to school by facilitating walking and bicycling programming, awareness-raising events, and opportunities for policy and physical environment changes that improve safety for students of all abilities. The Coordinators have helped schools and communities take action, often including holding a Walk to School Day event as one of several strategies.

Background on Walk to School Day

Walk to School Day began in 1997 as a one-day event in the US to build awareness for the need for communities to be safe and walkable. Over time, this event has become part of a movement for year-round safe routes to school and a celebration – with record breaking participation – each October. Today, thousands of schools across America – from all 50 states, the District of Columbia, and Puerto Rico – participate every October.

Save the Date

International Walk to School Day 2016 will be held on October 5. Don't want to wait that long? We don't either! This spring, celebrate National Bike to School Day on May 4, 2016. For more information about the events, visit walkbiketoschool.org. To learn more about NCDOT's Division of Bicycle and Pedestrian Transportation, visit ncdot.gov/bikeped or reach out to your Regional Active Routes to School Coordinator at <http://tinyurl.com/activeroutes>.

