



Wellness Wednesdays

Spring is here and the weather is starting to change! I would like to encourage you and your children to begin walking or biking outside to and/or from school. I will be promoting Wellness Wednesdays starting on March 27th. For every Wednesday after Spring Break that you or your child walks or bikes at least ½ a mile to school, they will be entered into a drawing for a new bike*. If you are participating in a running or walking club that day, this will also count. How will we be keeping track? Simply print off the attached form, write your child's first and last name on the slip and have your child drop one slip in the designated box at his/her school every Wednesday.

(the picture of this bike will be on the box)

It's that easy! *Specific bicycle will be chosen after winner is announced so it fits the child.

Here are some tips and potential benefits for walking to school:

Tips:

- Allow enough time to get to school, plan your walking route before hand
- If you live far from your school, pick a point about a ½ mile from the school building, park there and walk the rest of the way with your child
- If you live really close to the school, walk around the block a couple of times and then to school

Potential Benefits:

- Your child is more alert and helps them do better in school
- Less congestion in drop off and pick up zones at school
- Sets a great example for the children in our community to become physically active

There are only 8 Wednesdays left in the school year! How many of those Wednesdays can you walk or bike to school?

walked or biked to school on
March 27th.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

walked or biked to school on
April 3rd.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

walked or biked to school on
April 10th.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

walked or biked to school on
April 17th.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

walked or biked to school on
April 24th.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

walked or biked to school on
May 1st.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

walked or biked to school on
May 8th.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike

Questions?
Email Angie at
[angie.thompson@kearney
public.org](mailto:angie.thompson@kearneypublic.org)

walked or biked to school on
May 15th.

Name of School: _____

Parent Name and Phone Number: _____

Please list a number we can contact you
at if your child wins the bike