**Walking Club**

**Purpose:** The purpose of this walking club is to promote movement before school. One of the initiatives Cobb County has adopted is movement before, during, and after school. There are also benefits for the homeroom teachers – time!

**How it works**: The gym will be opened for walking from 7:15 to 7:40. Students must drop their book bags off, make their lunch choice, and eat breakfast **before** coming to the gym. Each grade level will be assigned a day during the week.

**Incentives:** This is not a mandatory program. But to get the students to school and walking, we have walking tokens. After students in a class reach a goal, they will receive a token. The goals are specific for grade level, calculated by class-not individually, and based on time.

**Behavior:** We will have an entire grade+ in the gym. Students will get a general warning, 1 personal invitation to follow directions, and then they will sit out. Students that sit out will not have their minutes count toward their class goal. Students that have continuous behavior issues will be asked to stay in their classroom or with a designated teacher from their team until the issue can be resolved. I will NOT send students back to class until 7:40 so we alleviate roaming in the halls. If students need support staff, please send them: Kindergarten Paras, Special Needs Paras, Peer Partners, 5th Grade Helpers . . .

**Schedule**

|  |  |  |
| --- | --- | --- |
| **Grade** | Day | Goal |
| **K** | Monday  | 1000 Minutes of walking per class |
| **1** | Monday  | 1000 Minutes of walking per class |
| **2** | Tuesday | 1500 Minutes of walking per class |
| **3** | Thursday | 1500 Minutes of walking per class |
| **4** | Friday | 1500 Minutes of Walking per class |
| **5** | Friday | 1500 Minutes of Walking per class |

We will pass out walking tokens to classes when they reach their minute goal.

Walking outside of the program will not count towards tokens received for the class total.

Thank you for your support,

*Abby Balkema & Donna Bramlett*

Livin’ the Dream