



As part of our ongoing efforts to promote healthy lifestyles and a cleaner environment, we are asking students to explore alternatives for getting to and from school using their own power, instead of a car. Students are encouraged to walk or ride (bikes, scooters, or skateboards) whenever possible.

In support of our students' efforts to change their habits, we will be holding a school-wide event to commemorate Walk to School Day* on October 23, 2009, as well as offering incentives for students who sustain these healthy and environmentally-friendly practices over the course of the trimester. Please take a moment to discuss safe and feasible options for your student to get to and from school, and have them submit this form to their PE teacher during the week of November 30, 2009 in order to receive extra credit points.

Student's Name			
P.E. Teacher		Period	
FITNESS COMMITMENT		POINTS EARNED	PARENT SIGNATURE
My son/daughter is now walking or riding to school 5 days per week		25	
My son/daughter is now walking or riding to school 2-3 days per week		15	
It is not feasible for my son/daughter to walk or ride to school, but we have developed an alternative plan to promote physical fitness and reduce the usage of our family vehicle. Our plan is described in the space below.		5	

* More information regarding this event can be found online at <http://www.walktoschool.org/>