



Do you like to walk?

Need to get more physical activity?

Like helping teach children about being healthy?

We have the perfect volunteer job for you!

Walking School Bus Leaders Needed!

The Fitness Council is looking for parents, teachers, college students, adults, or seniors interested in leading a "Walking School Bus" this spring! Walking School Buses will run each school morning from April 9th- June 1st. Walking is a fun and safe way to get to school and the children (and leaders too!) get a little extra physical activity. Commitment is about 30 minutes each day that you are a leader and volunteers are usually finished by 8:45am.

How can I help?

The Walking School Bus Program will be running at several Jackson elementary schools this year and we need leaders. Walking School Buses work like a regular bus route. An adult volunteer walks a pre-determined route to school "picking up" children on the way to school so the group can all walk together. Walking School Buses help alleviate parents' fears of children walking alone and strangers.

What is required?

1. Complete the form below and return it by March 16th.
2. Before the program starts, you need to complete the Walking School Bus Leader Orientation and agree to a criminal background check.
3. Volunteer anywhere from one to five days a week on your assigned route walking with students to school. Round trip routes are about 1 mile.
4. Record the names and number of children that walk each week and report the totals to the organizers.
5. Have fun getting some extra physical activity and helping children walk safely to school!

	Date	Time	Volunteer Role
Leader Training	March 29 th	TBA	Learn about role and receive leader materials
Walking School Bus	Monday-Friday, April 9 th -June 1 st	8:00-8:30am (varies depending on school)	Lead Walking School Bus on your assigned route. We will assign more than one person to each route so you can split up the week and only walk a couple of days a week each.

Name _____

Address _____

Phone number _____ Email _____

Which school(s) are you interested in helping at? (Frost/Cascades, Northeast, Jackson Arts and Technology, (Wilson and McCulloch possible) or any school) _____

Number of days a week you can help _____

Return to: Fitness Council of Jackson
Attn: Kristin Hendricks
225 N. Jackson St.
Jackson, MI 49201
Fax: 517-789-7831 Phone: 990-9798

Please return ASAP!

