

# Let's stay healthy by WALKING or BIKING together!

Majestic Way's **WALK N' ROLL PROGRAM** encourages students, parents and guardians to get to school safely each day. Walk or bike to school everyday or at least **every Wednesday and Friday**.

Consider joining a **walking school bus**.

<u>*What*</u>: Your kids will meet at a specified route (designated corner of a street) and walk with other kids and at least 1 adult to school.

<u>*Why*</u>: This is healthy for the kids, will reduce traffic and congestion around our school, and it's a great way to spend an extra 15 to 20 minutes of quality time with the kids! <u>*When*</u>: Every Wednesday and Friday

If you and/or your child(ren) are interested in joining the Walking School Bus, please read the attached ground rules, sign the permission slip below and return it to your child(ren)'s teacher or the school office. For more information, send an email to walknrollmajesticway@gmail.com.

Walking School Bus Permission Slip

I certify that I have read this consent form and I understand the potential risks. By signing this form, I agree to allow my child(ren) to participate in a 'walking bus' to school, and agree that my child(ren)'s journey to school is still my responsibility even though they are using the walking bus.

I acknowledge that while adult(s) will escort the children, they will not take personal responsibility for the safety and welfare of individual children. I understand that if we are late for the 'bus', it will leave without us.

I will NOT leave my child(ren) alone to wait at a 'bus stop' until he/she has safely joined a walking school bus.

I promise to review the attached ground rules with my child(ren), and accept that should my child(ren) disobey the walking bus rules, he/she will not be allowed to remain on the walking bus.

Parent's Name:	Phone #:
Child's Name:	Teacher:
Address:	
Email:	
Emergency Contact name:	Phone #:
Parent Signature:	Date:

o I'm interested in leading or helping a walking school bus from my neighborhood.

Please return this form to your child(ren)'s teacher or the school office. One of the Walk n' Roll leaders will contact you.

## Majestic Way Walking School Bus – Ground Rules

There are 5 simple guidelines that each participant should follow in order to ensure the continued involvement of the volunteer leaders as well as participant satisfaction. Please observe these guidelines and help your child follow them as wells.

#### 1. BE COMMITTED

The goal of this program is to promote a positive, permanent change in our community. We are looking for participants who want to make a long term commitment to their well-being, fitness, and the environment. Also, a consistent level of participation ensures an adequate number of volunteers to walk with the children and thus ensure the safety of the kids participating. Parents are encouraged to join their children in the walk whenever feasible.

#### 2. BE ON TIME

To ensure the timely arrival of children at school, the bus will not wait for those participants who cannot be at their meet up location on time. Please plan to be slightly early if possible. If you happen to run late one morning, please make alternative arrangements to get your child to school, or drop them off at the next 'bus stop'.

#### 3. BE SAFE

For safety purposes, we will not allow scooters, bikes, or any other toy or vehicle that enables any child to move at a significantly faster pace than the group is walking. Also, parents who choose to drop their children off at a designated 'bus stop' must ensure their child is safely handed off to one of the leaders ('bus drivers') before leaving the area.

#### 4. EXHIBIT GOOD BEHAVIOR

Inappropriate behavior and/or behaviors which endanger a single child or the entire group will not be tolerated. Bad language, pushing, and running into the street or ahead of the group constitutes inappropriate behavior. Parents will be contacted after the first incident of the behavior. A second incident will end the child's participation in this program. This program is intended to be a pleasant experience for all – including group leaders. Please coach your children to obey group leaders at all time and to behave appropriately.

#### 5. USE LOGIC

It can be difficult for the group leader to coordinate with all the participants every time there is the possibility of adverse weather. In general, the group will always walk, unless there is a torrential downpour, requiring rain boots. Please check in with the leader when it rains, but understands that a bit of rain doesn't hurt – and can even be fun for the kids!

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Please return this bottom portion to the front office.

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### A walking school bus leader will contact you.

Thank you for your support and partnership for a safer, cleaner and healthier community!