

News release



Everett Public Schools

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View Ridge Elementary PTA *Wellness Committee* says “Let’s walk!” *Parents, students and staff kick off year long health emphasis on walking together*

On Wednesday, Oct. 13 more than 100 parents, students and staff met in the chill and foggy morning at View Ridge Plaza parking lot to launch what will be monthly walking rallies focused on the health aspects of walking to school. Similar rallies will take place on designated Wednesdays in November, February, March, April and May.

The morning’s walkers converged in the View Ridge Elementary cafeteria after the walk for a healthy snack and to sign in for the walking points they will earn on their jaunts. Classrooms with the most number of walking points will be awarded the Golden Sneaker award. Even on this very first day of the classroom contest, competition was high, and students carefully watched the points being tallied by volunteer parents at the record table.

The school’s PTA Wellness Committee is an unusual component for PTA organizations. The committee’s chair, Jessica Burt, believes strongly in the importance of helping students build healthy habits when they are young. “We know that it takes a healthy body and a healthy brain for students to learn. Exercising and eating well are habits that help students learn – and they are a lot of fun.”

Wednesday’s walk was inspired by [iwalk 2010 International Walk to School](#). The program, which began in Great Britain in 1994 has since spread to more than 40 countries and involves millions of people.