

How Walk Across Texas! (WAT!) Worked in a School: An Example from Grayson County, Texas

1. We began by contacting the elementary school principal and arranging for a meeting. A packet of information and handouts (see the handouts for suggested information to include in the packet) were compiled for the administrator that fully explained the WAT! program, and we used that information during the meeting to completely explain the WAT! program. Dates and contact information were provided. We then determined interest in the program.
2. Funding was discussed, and it was decided that the elementary school would fund the project. (Consider the following sources for funding: school funds, PTO/PTA, and/or local businesses.)
3. The principal promised that the teachers were fully cooperative and would participate. He appointed the P.E. teacher to be the WAT! coordinator and point of contact.
4. The P.E. teacher (coordinator) was contacted and given a complete WAT! packet, along with ideas for using the information. At this point, visuals, pictures, articles, etc. were shown to help the teacher obtain ideas of how the program could be done at their school.
5. The Kick-Off Meeting was planned, and the calendar of events was established. A copy of the calendar and the Kick-Off Meeting agenda are included in the handouts.
6. The four-week (halfway) "Don't Quit Now" program was also planned. The date was set, and it was established that the classes would have a popcorn party.
7. Publicity was coordinated with the local newspapers and television stations at the start of the WAT! program and about midway in the program.
8. For every 100 miles the teams walked, they could put their name in for a drawing (each school can determine the number of prizes to award based on its resources).
9. At the conclusion of the eight weeks, a Celebration party was planned and held in the school gym for all the 3rd, 4th, and 5th grade students and their teachers. During the celebration, student certificates were presented, door prizes were awarded, a drawing was held for a pizza party, and teachers were recognized. The top three classes/teams received a framed certificate to be placed in their rooms.

Developed by Carolyn McFarlin, Grayson County Family and Consumer Sciences Agent; and Linda Vandergriff, Grayson County 4-H Program Assistant.

