



TRUE STORIES

OF CONNECTION, COMMUNITY, AND LEADERSHIP



HERO HUDDLES

Sherrie Drake | Whittier Elementary School | Windfield, Kansas



Sherrie Drake is the PE Coach at Whittier Elementary in Kansas who's on a mission to help her students for a lifetime! Last year, they got the whole school to participate in The Daily Mile.

Every Monday, they kick off the week with a short assembly to set a goal for the month's character trait. Then, they head outside as a whole school for a 15-minute walk.



On Tuesdays, they have their "Hero Huddle" where students from each grade level get together to chat. Afterwards, they walk for 15 minutes outside, giving them a chance to talk about what they discussed and anything else that comes up.



Wednesdays through Fridays, each classroom teacher takes their kids out for a 15-minute walk or run. They even have Buddy classes where the younger and older kids pair up to walk together. For example, the Kindergarten and 3rd Grade classes walk together once a week.

ROLE MODELS

Heather Davis-Kohli | Shawnee Elmwood | Lima, Ohio

Something magical happened every fall at Shawnee Elmwood Elementary School: they kick off The Daily Mile! Students and staff alike burst with excitement as they anticipate this whole-school event. The older students are given the chance to showcase their leadership skills by directing the little ones through the course. Talk about a confidence boost!

But that's not all. Shawnee took it to the next level by building a district-wide community through their Daily Mile. High school students are paired up with their younger counterparts to do The Daily Mile together. It's a heartwarming sight to see the high school role models leading by example and showing the importance of community, wellness, and inclusion.

As the kids race around the track, they learn that it doesn't matter how fast or slow you go, because what truly matters is supporting each other and having fun. And with the Whole-School Daily Mile celebrations being such a hit, it's safe to say that this tradition will continue for many years to come.



FROM CLASS TO DISTRICT

Amy Hathaway | Plato Elementary School | Plato, Missouri

Once upon a time, there was a bubbly kindergarten teacher named Amy who had a brilliant idea. She decided to bring The Daily Mile to her class. The Daily Mile is a whole-child initiative that takes children and their teachers outdoors for 15 minutes of movement and connection during the school day.

Amy's class loved The Daily Mile so much that they ended up doing The Daily Mile for 100 days in a row! To celebrate their achievement, Amy shared some adorable photos with The Daily Mile, who then posted them on social media. Little did she know that a member of the President's Council on Sports, Fitness, and Nutrition (PCSFN) named Rob Wilkins would see the post.

Rob was so impressed by Amy and her class that he decided to send them a special commemorative PCSFN coin to congratulate them on their achievement. This made Amy's students feel super special and proud of themselves.

As the school year was coming to a close, the Plato School District decided to join in on the fun and organized an all-district Daily Mile. It included daycare, preschool, and K-12 students! Amy was thrilled to see her idea spreading across the district.

One teacher approached Amy and said her that her students were unusually well-behaved after the walk. Amy smiled and said, "That's one of the purposes of the walk. Most everyone enjoyed it." And so, with a little idea and a lot of determination, Amy brought joy and health to her school community.

