**Sample Parent Letter**

Dear Families,

We are thrilled to inform you that our class will participate in an award-winning, national standards-based program called The Walking Classroom.

The Walking Classroom capitalizes on the favorable link between exercise and cognitive function — children improve their physical, mental, and academic health as they walk, listen, and learn!

The program is simple: Students take brisk 20-minute walks, as a group, while listening to kid-friendly content that is aligned with academic standards. Each “WalkKit” audio device is preloaded with educational podcasts, covering topics in language arts, social studies, and science! Lesson plans and quizzes for each podcast allow us to effectively discuss, review, and assess comprehension of the podcast content after the walk.

Podcast topics range from biographies of notable individuals to hurricanes and geologic formations, historical events, and writing skills and styles. Health literacy messages and character values like cooperation and honesty are woven throughout the program.

The Walking Classroom provides our class with a trusted source of academic content presented in an engaging manner. Students return from their walks in better moods, more focused, and more likely to engage in discussions**.** Teachers regularly report that students retain the information better and demonstrate better behavior and engagement in the classroom after using The Walking Classroom. Additionally, The Walking Classroom provides our class with an innovative tool to meet the needs of students with alternative learning styles—all while walking and having fun!

We hope that you will join us sometime on one of our walks! Please visit The Walking Classroom’s website at [www.TheWalkingClassroom.org](http://www.TheWalkingClassroom.org) for more information and to see videos of the program in action.

Happy Trails!