

Rock L. Butler Middle School Students Start the Day Off on the Right Foot

Students at Rock L. Butler Middle School in Wellsboro, Pa. start the day by putting their best foot forward...again, and again, and again.

Each morning, more than 220 students participate in the 15-minute walking program, which is offered just prior to first period.

"We walk year round," commented Mike Pietropola, Assistant Principal and advisor of the school's nrg Powered by Choice program. "If the weather isn't nice, we walk inside."

Once students finish breakfast, they're led outside by a group of peers to a 1/3 mile walking path.

Teachers also get involved, not only by supervising the walk, but taking part.

"Teachers at Rock L. Butler Middle School acknowledge the students are "more alert, energized, and ready for the school day," remarked Aggie Arnold-Norman, Family and Consumer Science Teacher.

The morning walking program has become so popular – among students and teachers – that they hope to involve the high school next year.

The nrg Powered by Choice campaign, a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital, is a teen-led health promotion campaign that empowers youth to make healthy choices around nutrition and physical activity.



The campaign is funded by Highmark Healthy High 5, a children's health promotion initiative of the Highmark Foundation, created to change behavior in young people ages 6-18 and improve eating habits and physical activity. For more information, visit www.highmarkhealthyhigh5.org.