

SCUSD STRIDE

Sac City Tracks Running to Improve Daily Education

Newsletter - Edition 2
September 2018

CONGRATULATIONS

Congratulations to all our schools who are off and running! Just a few weeks (days for some) into STRIDE, our SCUSD student-athletes have run over **2,250 miles!**

Imagine how far they will go by the end of the school year!

READY TO LAUNCH

GETTING STARTED - FIRST STEPS

As your students settle into school, it is time to get your STRIDE program up and running.

1. Submit your full school roster - 1st through 6th grade

This list (MS Excel) should include each student's first name, last name, teacher and grade. Please submit to Ellen Moore at ellen@runsra.org.

2. Get your gear up and running

Build your student badge rack, find the right place to store it, determine how you will distribute the scanners, etc.

3. Create your student badge cards

Organize, print, sticker and laminate your student badge cards.

4. Host a STRIDE event

Schedule your STRIDE introduction event. <https://goo.gl/forms/qEP4vEuaUCmOAOQ6k2>

HOSTING A STRIDE EVENT

Once you have your student list uploaded, you have prepared your equipment and you have all your student badges ready to go, let's host a STRIDE event on your campus!

1. Pick a date and time

One event per campus for all 1st through 6th graders.

2. Communicate

With your administration and notify your teachers/students.

3. Find the right space

Blacktop or auditorium will work perfectly.

4. Get loud

SRA can provide a portable sound system if one is not available at your campus.

5. Contact SRA

Shoot Ellen Moore an email to get your event planned.

PARENT NOTES

Remember to print and send the parent letters home with your students.

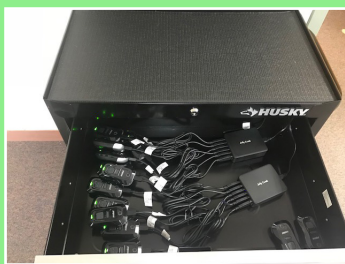
Half the fun of the STRIDE program is being able to share individual growth and successes with family and friends.

We want parents to be able to track their students' progress. And allow students to share in their daily achievements once they get home.

IDEA BANK

Storage Solutions

Developing a system that works for your team and students will help your program be successful. The team at Matsuyama Elementary School found the perfect solution for their STRIDE scanners and program supplies.



Sticker Exchange

Looking for an easy way to get your student-athletes to return their badges at the end of each workout? Caleb Greenwood Elementary has a great system...Exchange the badge for a sticker. Have each student drop their badge in a basket or bucket as they line up for class. As each badge is turned in, hand the student a sticker. That simple reward and reminder can motivate your student-athletes to follow your system and reduce the number of lost student badges.

Campus Trophy

Everyone loves a challenge...and a trophy! Caleb Greenwood and Crocker/Riverside Elementary Schools have established a school trophy that travels between classrooms each month. The class with the most miles run for the month gets the honor of housing the special trophy. Consider creating a STRIDE trophy for your campus!



SPREAD THE WORD

Encourage social media engagement on your campus

@runsra_cim, @officialSCUSD

#sacSTRIDE, #runSTRIDE, #runSCUSD, #runSRA, #runlocal

Include program details in campus communications and newsletters to parents and campus community.

YOUR COMMUNITY

STRIDE Program Page

<https://runsra.org/sra-kids/programs/stride-program/>

Message Board

<http://scusdstride.proboards.com/>

Sacramento Running Association

Ellen Moore
ellen@runsra.org

Stride Track

Melissa Hanson
melissahanson@stridetrack.com

