



## HEALTH & WELLNESS

# Students at Plainfield's Barlow School Support "National Walk Day"

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PLAINFIELD, NJ – Students at Plainfield's Dewitt D. Barlow Elementary School were greeted as they walked to school on Wednesday, Oct. 18 by administrators and dignitaries in honor of "National Walk Day." The children took part in a nationwide celebration of more than 5,200 events in the United States celebrating the benefits of walking to school and living healthier.

Acting Superintendent of Plainfield Schools Dr. Caryn D. Cooper was joined by Plainfield Mayor Adrian O. Mapp, Barlow School Principal Wilson Aponte, BOE Member Carmencita Pile, Councilwoman Joylette Mills-Ransome and members of EZ Ride, Krishna Murthy, Executive Director, and Lisa Lee, Gabriella Bacchus and Mateuz Pritus.

EZ Ride is a non-profit organization that manages New Jersey's largest carpool and transportation programs, and partners with government agencies to offer bike and pedestrian safety and present children healthier snack alternatives, when they stop at their local corner store, on their way home.

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"We partnered with EZ Ride to develop safe routes for students to walk to school," said Dr. Cooper. "The opportunity was not only to teach the children how to walk to school the proper way but to teach them about healthy living, so they can have healthy lifestyles as they get older."

Plainfield schools: Barlow, Evergreen, Jefferson, Woodland and Hubbard are currently working with EZ Ride to offer students safety presentations and bike rodeos, to conduct walk assessments, and to offer students healthier snack alternatives and health screenings. The program is part of an overall effort by Plainfield Public Schools to secure infrastructure changes along the routes children use to walk to school. Last year the District was awarded over \$300,000 in federal funds to provide changes. The funds will be managed by the City of Plainfield which expects to complete many of them by 2018.

For more information, contact Gloria Montealegre at 908-731-4333 or email [gmontealegre@plainfield.k12.nj.us](mailto:gmontealegre@plainfield.k12.nj.us).



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