

ACES and Bike to School Day Participants

Engadine Elementary School

Students: 100

“It was a gorgeous day so I set up seven stations outside. The stations included: jump rope, rubber chicken toss, jumping jacks, circle the circle, agility ladder, push-ups/sit-ups, and walk/jog laps. Each class spent 3 minutes at each station. I encouraged them to set goals and take breaks so they could do the best they could. The students and teachers were tired at the end!”

Mesick Jewett Elementary School

Students: 350

“The whole school walked the track to music. PTO supplied nutritional treats and ACES communication provided water bottles. We tracked the miles the whole school walked on a Michigan map.”

Grosse Ile Middle School

Students: 454

“Our students walked around the perimeter of the school and our principal loved this program so much, he has incorporated this idea of a morning walk every Wednesday morning for the rest of the year! We all love the program here, keep up the good work.”

Kincheloe Elementary School

Students: 306

“We have a beautiful nature trail on our campus and we all took a walk on the trail. The older kids did the trail 2 or 3 times. Some classes even saw a wild turkey! We had a lovely, sunny, warm day to enjoy the walk.”

Manton Middle School

Students: 325

“The 5th and 6th graders walked for about 15 minutes and then danced to music—the Chicken Dance, Macarena, Cha Cha Slide and YMCA. The 7th and 8th graders walked for about 30 minutes. We all had a great time.”

Xavier School

Students: 192

“Every year for the past five years we have walked the downtown Petoskey area. The merchants love it!”

Merriman Elementary School

Students: 250

“Sixth graders planned warm-up activities for each class, grade levels walked or jogged in designated areas. It was wonderful to see our whole school out and active together!”

St. James Elementary School

Students: 135

“Each classroom teacher led their class in exercising outdoors on the playground. Many walked or jogged together. Some used hula hoops, jump ropes or balls for dribbling.”

Academy of the Americas

Students: 720

“We all walked 1 mile and had a Cinco de Mayo parade with the parents and the band. The program is already very easy to understand and implement!”

McBain Rural Agricultural School

Students: 450

“Grades K-5 met at the high school track and walked or ran for 30 minutes. We’ve participated for 11 years, and we all love it!”

Barryton Elementary School

Students: 246

“We did “Fun Field Aerobics,” a 25-minute movement/dance activity set to music.”