

SWL WEB SITE STORY SHARING

DISTRICT: Norwalk-Ontario-Wilton **#BLDS** 1 **#EMPLOYEES** 90 to 100
SWL NAME: Jackie Reils
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PROGRAM TOPIC: "Poker Walk"

CHOICE OF PROGRAM (how and why was this chosen):

No cost.

PROGRAM DESCRIPTION:

I measured a distance in the school building. If you walked it five times, the distance totaled approximately one mile. Each time a participant passed by my office, they received a card. After five cards, they turned them in. The highest poker hand won. In order to participate, staff members paid 50 cents. The best hand won the pot at the end of the walk. We did this every Thursday after school. The superintendent allowed the staff to start walking at 3:30 p.m. even though our workday ended at 3:45. One week we gave a special prize to any walker that brought a coworker that had never participated before.

COST OF PROGRAM:

Nothing. All you need is a deck of playing cards.

SUCCESS OF PROGRAM:

The program was well received. Staff members enjoyed walking and conversing with each other. There was no time limit. Weather was not a factor.

LESSONS LEARNED:

Participation dwindled after the first month. Meetings got in the way.