



## Get Your “Selfie” Walking!

Cumberland County Schools are partnering together to encourage students and families to get moving. Just walk the designated walking trails during the week, after school hours, snap a “selfie” beside the “Get your selfie here” sign on each trail, answer a few questions and submit through the QR code on the sign to enter for a chance to win various prizes (Gift Certificate or yard game)! Those completing all 12 trails in the series will be receiving a medal.

**March 28-April 1 Crab Orchard Elementary & Pine View Elementary**

**April 4-8: North Cumberland Elementary & Cumberland County High School**

**April 11-15 Homestead Elementary & Phoenix/Central Block**

**(may add Garrison Park for more steps!)**

**April 18-22 Stone Elementary & Stone Memorial High School**

**April 25-29 Frank P. Brown Elementary & South Cumberland Elementary**

**May 2-6 Glenn Martin Elementary & Pleasant Hill Elementary**

- **Guided Moove More Walk with Cindy Cooper at Crab Orchard at 3:30 on March 31st**
- **Guided Nutrition Walk at 3:30 at North Cumberland with Kathy Hamby and Cumberland County Nutrition**
- **Guided Mental Health Walk featuring Safe Schools at 3:30 on May 2 at Glenn Martin Elementary**
- **Guided Walk with the Mayor Date TBD**

Trail series is a walk/run at your own risk event. For more information please contact Marsha Polson at 931-250-8221 or [mpolson@ccschools.k12tn.net](mailto:mpolson@ccschools.k12tn.net)



Martin



Stone Memorial



CCHS



North



South



Homestead





Brown



Stone Elementary



Pineview



Pleasant Hill



Crab Orchard



Phoenix

