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Tuscarawas County  
Health Department

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### **Students Stepped Up for Walk or Bike to School Day in Newcomerstown**


NEWCOMERSTOWN--The Tuscarawas County Health Department (TCHD) partnered with Newcomerstown Middle School to host a Walk or Bike to School Day today, Friday, May 15<sup>th</sup>, 2026. The event promoted pedestrian safety by teaching students how to safely walk or bike to school. TCHD staff and Newcomerstown Middle School personnel worked together to help ensure safe travel for over 100 participating students.



Walk or Bike to School Day encourages students to increase their daily physical activity while developing healthy lifelong habits. According to Abbie Shankland, Public Health Educator at TCHD, “Walking or biking to school can help students increase their daily physical activity. Regular movement throughout the day can encourage more active play, reduce screen time, and support better sleep. In addition to the physical health benefits, spending time outdoors may also promote positive emotions and improve overall mental well-being.”



One of the main goals of Walk or Bike to School Day is to strengthen community involvement in student safety. TCHD and Newcomerstown Middle School encourage the community to be safe when driving every day, and hope that commuters will slow down, look twice, and put away their phones.

For additional information about the event or ways to help keep students safe, please contact Abbie Shankland 330-343-5555, ext. 1530, or [ashankland@tchdnow.org](mailto:ashankland@tchdnow.org).

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