

# SAFE ROUTES TO SCHOOL



Walking and Wheeling Newsletter

September/October 2009



[www.arsaferoutes.org](http://www.arsaferoutes.org)

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## WHY SAFE ROUTES TO SCHOOL?

Children enjoy fresh air.

Children get to know their neighborhood.

Children arrive to school more alert, invigorated, and ready to start their day.

Children develop a lifelong habit of physical activity.

Less traffic surrounding schools improves air quality and safety.

## INTERNATIONAL WALK TO SCHOOL DAY

October 7, 2009 is International Walk to School Day around the world. More than 6,500 schools in the United States are estimated to participate in this event. These events extend beyond the recognition of a single day. Seventy five percent of 2008 event organizers reported that their walk to school events resulted in policy or engineering changes that would improve safety for walkers and bicyclists, such as increased traffic enforcement near the school or the addition of walkways. For more information on this event, visit the website below.

[www.walktoschool.org](http://www.walktoschool.org)

## SRTS WORKSHOPS

The year three grant cycle is open at this time. Grants will be due to the Arkansas State Highway and Transportation Department on Friday, October 30, 2009 by 3:00 PM. The staff at the Injury Prevention Center at Arkansas Children's Hospital is currently offering technical assistance. The first of these workshops was viewed by eight of the fifteen educational cooperatives across the state through compressed interactive video. There will be an additional question and answer workshop on October 12th from 9am to 12pm. If you would like attend this workshop please contact Mechelle Winslow at 501-364-4954. If you are an active member of your local co-op, you may go online to register for this event.

[www.arkansased.org/schools/schools\\_coops.html](http://www.arkansased.org/schools/schools_coops.html)

## NATIONAL SAFE ROUTES TO SCHOOL MINI GRANTS

Applications are now being accepted for Safe Routes to School mini-grants. The goal of Safe Routes to School (SRTS) programs is to enable and encourage children to safely walk and bicycle to school. The aim of the mini-grants is to use student creativity and leadership skills to increase safe walking and bicycling to school. Successful applications will include one or a combination of the following: student-led activities, concern for the environment, and/or promotion of physical activity. Activities funded by the mini-grants must be part of a new or existing Safe Routes to School program.

The National Center is providing mini-grants for creative ideas that are youth-focused and that may explore related issues such as: How do students encourage their peers and the adults in their lives to walk and bicycle safely to school? How do students and others make the connection between safe routes to school and environmental or physical activity issues?

### Example eligible activities include, but are not limited to, the following:

Students encouraging peers/parents to find opportunities to walk or bicycle, starting with the trip to school.

Students connecting the choice to walk or bicycle with helping the environment.

Students connecting the choice to walk or bicycle with better health.

Students developing messages for parents/other drivers to drive safely, especially in school zones and neighborhoods.

For more information and to download applications, please visit the link below.

[http://www.saferoutesinfo.org/news\\_room/minigrants/index.cfm](http://www.saferoutesinfo.org/news_room/minigrants/index.cfm)

## SAFETY ZONE

### HOW DO YOU RIDE SAFELY?

**BEFORE YOU RIDE.....**  
CHECK your BIKE!

**WHILE YOU RIDE.....**  
Wear a HELMET!  
Look BOTH ways!  
Be VISIBLE!



### HOW DO YOU WALK SAFELY?

**ALWAYS** wear bright clothes!  
**ALWAYS WALK! NEVER** run!  
**ALWAYS** walk on sidewalk, if available.  
Look left, right and left again  
**BEFORE** crossing the street!  
**OBEY** all traffic signs & signals!

For more information on SRTS, please contact:



**Injury Prevention Center**  
archildrens.org

It only takes a moment.



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