

Walking and Wheeling Newsletter

www.saferoutes.org



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SAFE ROUTES TO SCHOOL

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MARK YOUR CALENDARS FOR WALK TO SCHOOL DAY 2011: OCTOBER 5TH!

Join the Fun

Walk and wheel to school events are ways for schools and communities to build enthusiasm for health, fitness, traffic relief, environmental awareness and safety. Join the fun and hold a one-day walk and wheel to school event during the month of October. All Arkansas elementary and middle schools are invited to participate. Schools must register their event online at www.walktoschool.org and receive access to event materials available for download, the chance to win prizes for their school, a weekly newsletter leading up to the event. The first 10 schools to register online will receive goodies from the Arkansas Safe Routes to School (SRTS). To register your event or download event ideas visit www.walktoschool.org/.

Why Participate?

- To enhance the health of kids.
Increased physical activity can combat a host of health problems facing kids today.
- To improve air quality and the environment.
Replacing car trips to school with walking and wheeling can help reduce air pollution.
- To create safer routes for walking and wheeling.
Sidewalks, education programs and traffic calming measures are some of the ways to improve conditions.



Get Moving

- Designate a coordinator.
- Register your school at www.walktoschool.org.
- Hold an event during the month of October.
- HAVE FUN AT YOUR EVENT!

PEDESTRIAN AND BICYCLE RESOURCES

Now Available Online

The Injury Prevention Center at Arkansas Children's Hospital has new bicycle and pedestrian materials available for download. Our pedestrian and bike safety bookmarks provide an educational and affordable way to promote walking and wheeling safety. Walking and Wheeling Winner's Cards are also available if you would like to start a school travel contest. These are punch cards for each child to carry while traveling to school each day. Simply make your rules, give each child a punch card and start walking and wheeling. You can also download these as incentive for your 2011 Walk and Wheel to School Day event.

Parent tip sheets are available in pedestrian, bike and helmet topics. These are a helpful ways to educate your parents on school travel safety before your next event. Visit the [Injury Prevention Center's Recreational Safety](#) section to find out more information about the 2011 Walk and Wheel to School Day, the Arkansas Safe Routes to School Program and to download fun resources for students and parents.



WEBINAR

Creating BUZZ around Your SRTS Event

Organizing your students for Walk to School Day (WTS) or another walking event is a great way to invigorate an existing Safe Routes to School program or kick off a new one. This webinar will highlight a unique and fun WTS event and provide tips on how to get the word out, involve media, and bring attention to your WTS activities. After a brief introduction by Caroline Dickson from the National Center, Rosie Stern will highlight the "Ped Safety Dance", a great Walk to School Day event that encourages students and parents to 'bust a move' and cheer for pedestrian safety. Following her presentation, Katy Jones will provide an overview of how to raise awareness of your WTS event and how to work with the media.

This webinar is part of the Safe Routes to School Coaching Action Network Webinar Series, developed by America Walks and the National Center for Safe Routes to School.

For more information please contact **Michelle Gulley** at mgulley@americawalks.org.

REGISTER NOW

ENJOY A SAFE ROUTE TO SCHOOL

With a new school year just beginning, now's a great time to remind kids about the importance of playing it safe while walking and biking to school.

Plan the route ahead of time

If your kids will be walking or biking to school on their own, go with them the first few times. This way, you can identify and point out dangers while directing your kids to the safest possible route.

Teach them the right way to cross

When it comes to crossing streets, kids need to know how and where to cross the street safely. Explain how to cross the street at a corner with traffic signals, and look left, right and left again BEFORE crossing. They should never cross between parked cars. Give them real-life examples when you're out walking and biking together. Practice decision making skills while on these walks or rides and check their skills often. Keep in mind that children under 10 years of age should not be crossing the street without adult supervision.

Talk to them about strangers

Tell your kids how to deal with strangers and where to go for help if they need it on their route to school. Designate safe houses or businesses along their route. Also talk to your kids about never going with a stranger or even someone they know, unless that person has been identified as "safe" ahead of time.

Gear them up for safety

If your kids are biking, their bike should be the appropriate size and have fully operational brakes, chains, and wheels. Make sure they have a certified bike helmet and know how to wear it properly. If your kids are old enough to ride their bike with traffic, teach them hand signals. Kids younger than 10 years old should always ride on the sidewalks.

Lead by example

Walk and bike with your kids often. Remember, they'll follow the example you set for them. Not only will you be showing them that physical activity is an important (and fun) part of life, you'll also be showing them how to walk and bike safely.

Drive Safely during school hours

Drivers need to remember there are more children walking and biking in neighborhoods, so they need to slow down during school hours. Reduce distractions in your car by asking children to keep the noise level down while the car is moving and do not use cell phones in school zones. Remember to take extra time at intersections and when entering and exiting driveways and alleys.





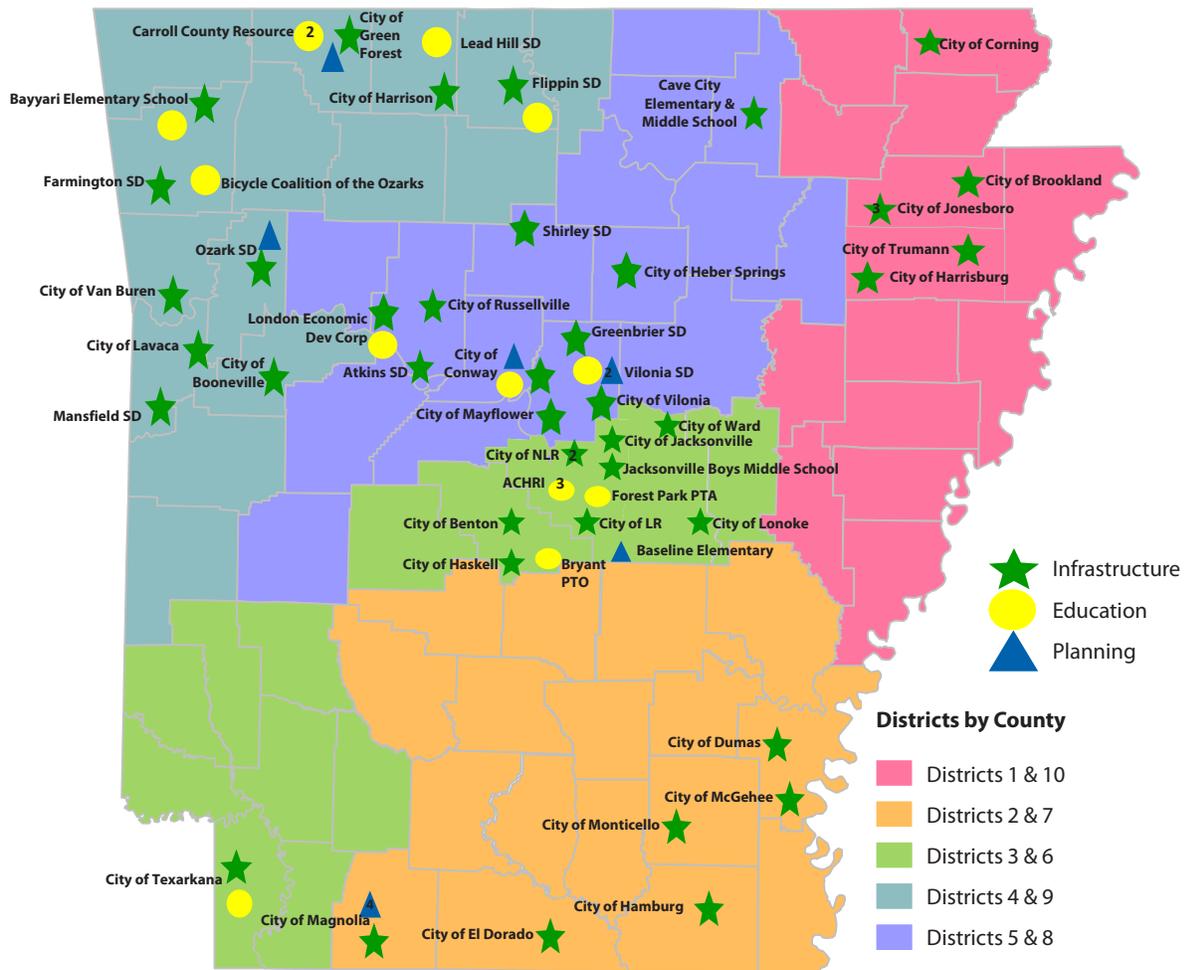
ARKANSAS SAFE ROUTES TO SCHOOL PROJECTS

Since the AR SRTS Program began in 2007, over 5 million dollars has been spent around the state. Arkansas community leaders, parents and schools are using these programs to better the lives their children one step at a time. These programs allowed these communities to create healthy lifestyles for children and a safer, cleaner environment for everyone.

The statewide program just ended its fourth application cycle in June 2011 and will be announcing a new list of projects for Arkansas schools and communities.

Construction was completed this summer on sidewalk and flashing beacon projects for the Elementary and Middle Schools in the Farmington School District and Cave City School District. The City of Dumas also completed a sidewalk project benefiting the Kindergarten through 8th grade.

Below is a map of AR SRTS projects since 2007. Some of the programs and projects are still in progress.



Completed projects include:

- | | | | | |
|----------------------------------|---------------------------------|--------------------------------------|---|---------------------|
| Start Up | Education Grants | Infrastructure Grants | City of Lavaca | City of Little Rock |
| Baseline Elementary Green Forest | Carroll County Resource | City of Corning | Mansfield School District | City of Benton |
| Ozark School District | Lead Hill School District | Cave City Elementary & Middle School | City of Booneville | City of Haskell |
| City of Green Forest | Bayyari School District | School | London Economic Development Corporation | City of Monticello |
| City of Magnolia | Bicycle Coalition of the Ozarks | City of Trumann | Atkins School District | City of Hamburg |
| City of Conway | London School District | City of Harrisburg | City of Russellville | City of Magnolia |
| Vilonia School District | Vilonia School District | Shirley School District | Greenbrier School District | City of Texarkana |
| | Forest Park PTA | Flippen School District | City of Conway | |
| | Bryant PTO | City of Harrison | City of Vilonia | |
| | City of Texarkana | Bayyari Elementary School | City of Ward | |
| | Flippin School District | Farmington School District | City of Jacksonville | |
| | | Ozark School District | Jacksonville Boys Middle School | |
| | | City of Van Buren | | |



POTENTIAL FUNDING OPPORTUNITY

Safe Routes to School Mini-grant Program

The National Center for Safe Routes to School is now accepting applications for 25 mini-grants of \$1,000 each. These mini-grants support the goal of Safe Routes to School programs, which is to enable and encourage children to safely walk and bicycle to school. SRTS programs are implemented nationwide by parents, students, schools, community leaders, and local, state, and tribal governments.

Mini-grants fund activities that range from the nuts and bolts that help start or sustain a program to new ideas that explore the range of benefits of safe walking and bicycling. Selected mini-grant proposals will fit a school's identified needs and interests around safe walking and bicycling. The mini-grant activities should occur between January 1, 2012, and the end of the Spring 2012 semester. Applications are due **Wednesday, October 19, 2011**.

What types of activities are eligible?

The National Center wants to see mini-grant application proposals that fit a school's identified needs and interests. To determine what kinds of activities to propose, it is helpful to engage a variety of student and adult leaders to decide what kind of changes the school would like to accomplish.

To give you ideas about possible ways in which these funds could make a difference, general categories are listed below, and sample activities for these categories are available on the National Center's website at www.saferoutesinfo.org/funding-portal/mini-grants. The categories and ideas mentioned are only examples; the National Center definitely wants to see additional ideas, needs, or interests. When thinking about what to propose, it may be helpful to answer the following question:

At this school, we want to...

- Improve safety
- Increase the number of students walking and bicycling to school
- Emphasize physical activity and health
- Explore environmental concerns
- Contribute to an overall positive learning environment
- Participate in civic discussion

More questions? Please visit www.saferoutesinfo.org/funding-portal/mini-grants/FAQs or e-mail info@saferoutesinfo.org.



Contact us for more information or to subscribe to the Safe Routes to School Newsletter:

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