

# Walking and Wheeling Newsletter

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



MAY/JUNE 2011



## SAFE ROUTES TO SCHOOL

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### LAVACA SCHOOL DISTRICT

#### Putting All the Pieces Together

In May, Lavaca Elementary School received a Bronze Award from the U.S Department of Agriculture's Healthier U.S. Challenge. This is a voluntary national certification program that recognizes excellence in nutrition and physical activity and Lavaca is the only Arkansas school to receive an award.

The Lavaca School Board has also been recognized for their efforts in implementing wellness policies, health services, physical education programs, health education curriculum, nutrition/foods services, staff/faculty wellness, tobacco prevention/cessation and staff training. They were among six chosen statewide to receive the annual Arkansas Health School Board Award from the Arkansas Coordinated School Health Initiative.

Lavaca is not only concerned about the health and wellness of their students at school, safe travel to and from school is also important. The school district was awarded Safe Routes to School funding from the Arkansas State Highway and Transportation Department in 2008. With this funding they installed four flashing beacons and constructed 2,100 feet of sidewalks, crosswalks and handrail where needed to accommodate safe walking and bicycling to school.



### KEEPING KIDS SAFE THIS SUMMER

Summer is a fun time for children to play outside and walk in their neighborhoods, but kids can be at risk for injury during this season. To make sure your kids stay safe, Safe Kids USA recommends that children:

- always cross the street with an adult until age 10
- cross the street at corners, using traffic signals and crosswalks
- look left, right and left again when crossing
- always walk, never run, when crossing streets
- walk on sidewalks or paths
- walk facing traffic as far to the left as possible if there are no sidewalks
- never run out into the street or cross in between parked cars
- wear a properly fitting helmet every time they ride a bicycle or play wheeled sports
- are never left alone in vehicles
- play in safe areas, away from streets and vehicles





## The Safe Routes to School National Partnership is hosting a six part webinar series that focuses on bicycling and Safe Routes to School.

### NOW AVAILABLE ONLINE

#### WEBINAR #1: GETTING BIKE SHOPS AND ADVOCATES TO COLLABORATE ON SAFE ROUTES TO SCHOOL

This webinar highlights success stories in Colorado and Austin, Texas where a local program teamed up with a bike shop to enhance Safe Routes to School efforts. In addition to programmatic highlights, presenters explained the benefits of involving bike shops, described a strategy for approaching local bike shops, and discussed concrete ideas for collaboration ranging from low hanging fruit to full-fledged sponsorship.

Involving bike shops in Safe Routes to School projects is key to creating a sustainable program that encourages more bicycling. Any parent, program staff, manager or bike shop staffer that has struggled to implement bicycling within Safe Routes to School activities will benefit from this webinar!

A recording of the Organizing Bike Trains webinar, a PDF of the PowerPoint slides and the accompanying tips sheet are available on the National Partnership's website at [www.saferoutespartnership.org/SRAM-Bicycling-Webinar1](http://www.saferoutespartnership.org/SRAM-Bicycling-Webinar1).

#### WEBINAR #2: BIKE TRAIN WEBINAR MATERIALS AVAILABLE ONLINE

The most recent in the series, Organizing Bike Trains, saw registrations top 300 while participants learned from some of the leading national examples of bike trains in action. Attendees heard about how to balance the organization, training and encouragement that are required to form a consistent, sustainable bike train that allows students to safely bicycle to school while parents, teachers and administrators rest easy. Attendees were introduced to the National Partnership's newest resource: A Tip Sheet for Organizing Biking Trains, which is a comprehensive resource for getting your first bike train off the ground or building upon an existing one.

A recording of the Organizing Bike Trains webinar, a PDF of the PowerPoint slides and the accompanying tips sheet are available on the National Partnership's website at [www.saferoutespartnership.org/SRAM-Bicycling-Webinar2](http://www.saferoutespartnership.org/SRAM-Bicycling-Webinar2).

#### WEBINAR #3: BIKE PARKING, STORAGE AND SECURITY AT SCHOOLS

Thursday, July 14, 12pm, one hour

Providing a safe and protected place for students and teachers to store their bicycles during the school day is important when encouraging bicycling through Safe Routes to School programs. For years, the majority of schools have not provided for bicycle parking, or have provided racks that sometimes are inefficient, unusable or poorly located on school grounds. Building and installing secure and sensible places for students to store their bicycles during school hours is all it takes to get more students on their bicycles more often.

The Safe Routes to School National Partnership's latest webinar: Bike Parking, Storage and Security will address common issues that schools face, present information on common solutions and highlight communities that have creatively faced this issue and as a result have more students bicycling to school daily. [Click here](#) to register now!

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



#### 2011 Walk to School Day slogan: Hike it! Bike it! I like it!

Thank you Horace Mann Elementary School students for the great idea! Check back in August for new resources with the new slogan. To register you event or download event ideas visit [www.walktoschool.org/](http://www.walktoschool.org/).



## CAVE CITY SCHOOL DISTRICT

### Walking Like a Cavemen is Just the Beginning

In May the Cave City Elementary School celebrated the beginning of their push to have their children walk and bike to school safely. The school district applied for funding from AHTD to educate their children and community while building a safer environment around the school. They began with getting the children excited by holding a fun event and giving them some highly visible shirts, hats, reflective materials along with water bottles, cups, pencils and stickers. This was all a plan to gain the attention of the community and show the importance of being able to see these little ones while walking and biking to school. Since the area around the school is not yet safe enough for the children to travel to and from school the event had to take place on the school property. The children performed safe biking and walking songs for many members of the community then began their group walk around the property.



## DEPARTMENT OF EDUCATION INITIATES AWARD PROGRAM FOR 'GREEN' SCHOOLS

In April, the U.S. Department of Education, in collaboration with the Environmental Protection Agency and the Council for Environmental Quality, announced its intentions to create a Green Ribbon Schools program. Modeled after the Blue Ribbon Schools program which recognizes academic distinction, the Green Ribbon Schools program will be a voluntary award, recognizing schools that are demonstrating excellence - or making notable improvement - toward sustainability. Though still in development, the program will evaluate schools across four categories: environmental education; energy efficiency and resource conservation; healthy operations and maintenance; and community engagement and service learning.

The Green Ribbon Schools program reflects President Obama's commitment to reducing greenhouse gas emissions, increasing energy efficiency and preparing today's students for jobs in fields that provide clean energy solutions. This is a great opportunity for schools to be recognized for healthy school siting and joint use opportunities, facilitating more walking and bicycling to and from school and helping students cut down on their carbon footprint.

## DRIVING SAFELY THIS SUMMER

Drivers need to do their part to keep summer a safe time for children to play outside and walk in their neighborhoods. FedEx and Safe Kids USA remind motorists to be extra careful this summer and recommend that drivers:



- slow down and be especially alert in residential neighborhoods
- take extra time to look for kids at intersections, on medians and on curbs
- enter and exit driveways and alleys slowly and carefully
- watch for children on and near the road during daytime hours
- never leave a child alone in a vehicle
- always lock car doors and trunks and keep keys out of children's reach
- remember that children may move in unpredictable ways
- reduce any distractions inside your car so you can concentrate on the road and your surroundings



**Injury Prevention Center**  
archildrens.org

It only takes a moment.



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

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