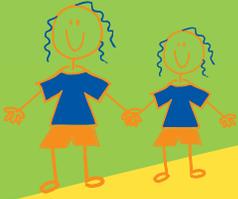


SAFER ROUTES to SCHOOL News

Portland Office of Transportation ■ September Issue '08



WHAT A TYPICAL WALK + BIKE TO SCHOOL EVENT LOOKS LIKE:

7:00 AM –

Walking/Biking School Bus volunteers/parents gather at three designated locations within a mile from the school with banners, vests and signs. Team leaders teach group pedestrian and bicycle safety techniques.

7:30 AM –

Volunteers lead walks or rides along a designated route, picking up students at homes, businesses, or other points along the way.

8:15 to 8:30 AM –

Groups arrive at school for assembly and press conference.

8:30 to 9:00 AM –

Assembly and press event begins with principal introducing celebrities and guests.

9:00 AM –

Students go to class, volunteers and other participants are thanked. Media interviews take place.

2:30 PM –

Volunteers lead walks or rides home along the same designated routes.



SOME VOLUNTEERS FROM KELLEY ELEMENTARY'S WALK + BIKE TO SCHOOL SPRING EVENT.



Oregon Walk + Bike To School Day

Join Us—Wednesday, October 8

Students, parents, caregivers, and faculty are encouraged to join millions around the world for **International Walk + Bike to School Day**. Join classmates, families and neighbors to improve your health, your community, and to have fun by walking, biking or rolling to school on Wednesday, October 8th!

Your Walk + Bike to School Day event can be big or small. Check out www.walknbike.org for ideas on promoting walking, biking and rolling to school. For more information about organizing your event call lore wintergreen, Safer Routes to School Project Coordinator, at **503-823-2304**.

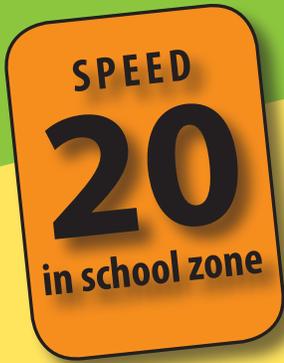
WHY PARTICIPATING IN WALK + BIKE TO SCHOOL DAY IS SO IMPORTANT—

- 20 to 25% of morning traffic is adults driving children to school
- Exhaust from motor vehicles is the largest source of air pollution around schools
- Asthma rates among children have increased 160% in the past 15 years
- 50% of children hit by cars near schools involve cars driven by parents of other students
- Increasing risks for heart disease, certain types of cancer, Type 2 Diabetes, stroke, arthritis, breathing problems, and psychological disorders such as depression, can be lessened with regular moderate exercise

WHAT'S INSIDE...

- 2 Back to School Traffic Reminders
- 3 Funding Available for your School
- 3 Engineering Improvements—Atkinson
- 3 Bicycle Safety Class for 4th or 5th Graders
- 4 Idling near Schools is Harmful

SAFER ROUTES to SCHOOL NEWS



Back to School Reminder – Obey All Traffic Rules!

As autumn approaches and students and families resume their daily treks to and from school, we should remind ourselves of the importance of obeying traffic laws and being courteous drivers. This is especially true in school zones and other places where children are present.

The Oregon Department of Transportation Safe Routes to School website offers these tips for staying safe during the school year.

Portland Police Bureau officers will be at every school the initial few weeks to enforce school speed zones and other traffic laws.



Back-to-School Driver Safety Tips:

- Obey speed limits! **The speed limit is 20 mph** in school zones. Flashing lights may alert you that you are in a school zone, but even without the presence of flashing lights, the 20 mph speed limit remains in effect from 7AM to 5PM on days when school is in session.
- **Yield to pedestrians** at all intersections — whether the crosswalk is marked or not! **You must stop and wait** until a pedestrian clears your lane and the next lane before proceeding.
- Do not pass other cars stopped at a crosswalk or intersection. The driver may be stopped for pedestrians, and children are often too short to be seen over the hood of a car.
- When making a right turn on a red light, **look to the right, and the left**, for pedestrians and bike riders, as well as oncoming traffic — If you drive a “quiet” car, remember that pedestrians and bicyclists likely can not hear you coming!
- Where there are no sidewalks, be aware of students who might be walking along the side of the road.
- Watch for younger and less predictable children — younger children may dart into the street without checking for traffic. Any parent knows it can take multiple corrections for children to learn this lesson!
- Stop and wait for school busses when red lights are flashing — children may dart out at anytime from behind the bus.
- Watch out for children walking or biking to school along sidewalks or streets before backing out of a driveway or garage.
- For more information on making your student’s trip to school safe visit these websites:

www.SafeRoutesPortland.org
OR
www.SafeRoutesInfo.org.

SAFER ROUTES TO SCHOOL SPONSORING PARTNERS



Get Funding For Your School!

Your participation in the Parent Surveys and your student's participation in the Hand Raising Tallies are essential for your school to receive continued funding from a variety of sources.

The surveys are required by the National Safe Routes to School program. The surveys also help us shape the program locally, and measure our collective results. The two-day tallies provide

information on how students get to and from school. Both the parent survey and the tallies will be repeated again in the spring.



ATKINSON SCHOOL WALK + BIKE ENTHUSIASTS.

Watch for your Parent Survey in the mail starting September 22.

The student Hand Raising Tallies will take place in schools between Monday, September 15 and Wednesday, October 8.

Engineering Highlight: ATKINSON SCHOOL

Before Improvement...



After Improvement...



PEDESTRIAN CROSSING IMPROVEMENT LOCATED NEAR ATKINSON SCHOOL, 5800 SE DIVISION, AT THE EAST ENTRANCE TO CLINTON PARK.



INSTRUCTION IS BOTH ON A BIKE AND IN A CLASSROOM.

Bicycle Safety Education for 4th or 5th Graders

Portland Safer Routes to School is offering Bicycle Safety Education in fifty-seven 4th or 5th grade classes this year, beginning September 8. SR2S is supplying two instructors during the bicycle rides this year, but in order to give students the one-on-one attention they deserve, **we need volunteers** at each school.

Bicycle Safety Education is 10 hours of instruction, both in the classroom, and on a bike. **Instruction is offered for 2-hours a day for five consecutive days, OR for 1-hour a day for ten days, over a two week period.**

CLASSROOM LESSONS:

- Introduction to bicycle safety
- Rules of the road
- Helmet fitting
- Flat tire repair
- Bike safety check

ON-THE-BIKE LESSONS:

- Bike handling skills
- Hazard avoidance
- Right-of-way and hand positioning
- Intersection practice
- Community rides – **we need you to volunteer!**

To join the fun by volunteering for a Bicycle Safety Education class, **contact Tom Rousculp at tom@bta4bikes.org or 503-226-0676, ext. 20.**

SAFER ROUTES TO SCHOOL SPONSORING PARTNERS



David Douglas School District



SAFER ROUTES *to* SCHOOL NEWS

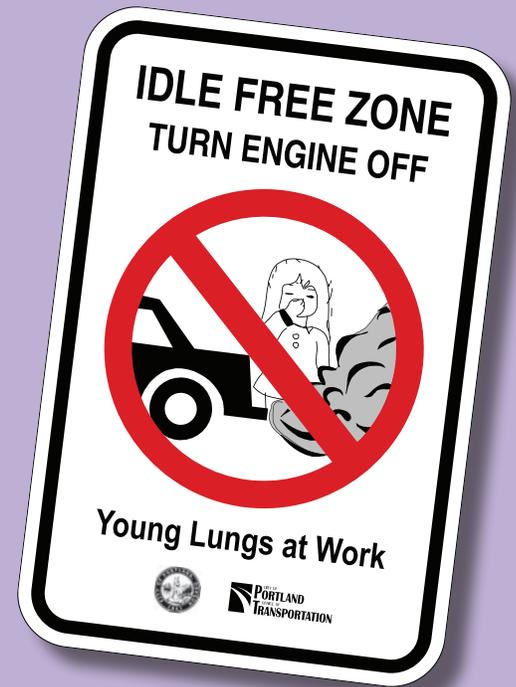
Mind Your Idle – Please Don't Idle Near School

Did you know that children breathe in twice as much air for their body weight than adults? Idling your car during school drop-off and pick-up is a toxic health hazard that harms our children. Idling also gets zero miles to the gallon.

Vehicle exhaust is the leading source of toxic air pollution in Oregon. It seems counter intuitive, but we actually pollute our own immediate air quality — inside the vehicle — when we idle. And, vehicle exhaust is associated with worsening symptoms for children with asthma.

WHAT YOU CAN DO:

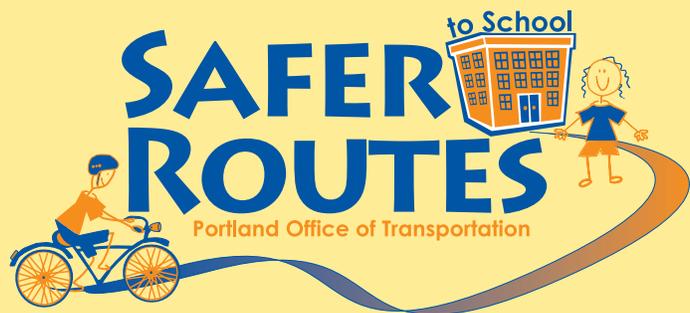
- Turn the car off if idling for more than 10 seconds (except in traffic of course!). You'll save money, the environment, and our student's lungs.
- Ask your school's principal to post a no idling sign, **like the one at right**, at your school.



FOR A FREE MOUNTABLE SIGN CONTACT
DONNA GREEN AT donna.green@pdxtrans.org
OR PHONE 503-823-6114.



TEACHING SAFE RIDING TECHNIQUES GIVE STUDENTS MORE CONFIDENCE RIDING TO SCHOOL.



Be Safe. Have Fun.
Grow Healthy.
Get There.