



International Walk and Bike Day a Success!

Over 60 Portland schools held walk and bike activities for International Walk + Bike to School Day on October 7. Many schools organized walking school buses and handed out incentives to students. Some schools celebrated the day by decorating bicycles and having contests.



JAMES JOHN STUDENTS MAPPED ROUTES FROM HOME TO SCHOOL

In St Johns, a group of dignitaries met with students from James John Elementary to walk to school together.

Thank you to all the families and volunteers that participated and helped make this day a success.



Stop + Walk – Start Your Day the Healthy Way!

It's raining! It's pouring! Riding in the car is boring! If you think you can't walk to school, think again! The Safe Routes to School Stop + Walk program offers a fun, healthy alternative to riding all the way to school in the car.

Stop + Walk is simple: if school is too far from home, choose a closer location with a comfortable walking route. It can be a friend's house, park, street corner or even a business parking lot. Drive or ride the bus to this location and use your feet the rest of the way.

WHY STOP + WALK?

- Improves air quality around schools
- Helps build healthy bones and muscles ¹
- Prepares the mind and body for a day of learning
- Controls weight and reduces risk of chronic diseases ¹
- Promotes psychological well-being and calms anxiety ¹
- Reduces traffic congestion and improves student safety around schools
- Helps form healthy life-long habits

"The weekly walk to school day has been fun for our family!"
–Forest Park parent

Promote your own Stop + Walk program at your school. Consider posting signs around school to recruit other families to join you and talk to a local organization about using a parking lot as a meeting place. For materials or assistance in setting up a Stop + Walk program at your school, contact Clay Veka at clay.veka@trans.ci.portland.or.us or **503-823-4998**. Happy walking!

1) U.S. Department of Health and Human Services. Physical activity guidelines advisory committee report. Washington, DC: U.S. Department of Health and Human Services, 2008.



MAYOR SAM ADAMS LEADS A GROUP OF JAMES JOHN STUDENTS TO SCHOOL ON INTERNATIONAL WALK + BIKE DAY

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For the latest events, campaign resources, photos and more, go to: www.SafeRoutesPortland.org

HAVE FUN. BE SAFE.

Mind Your Idle – Idle Free School Zones

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

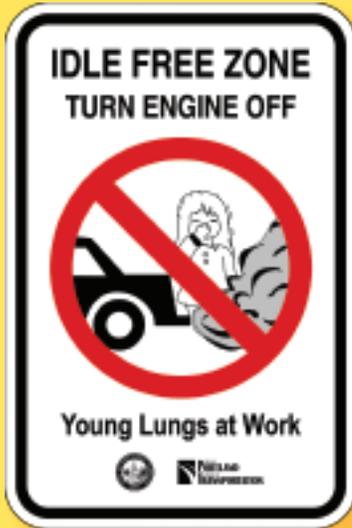
“These programs have been great to encourage everyone to drive less.

Now we need to encourage the busses to stop idling at school.” –Rieke parent

And, vehicle exhaust is associated with worsening symptoms for children with asthma.

WHAT YOU CAN DO:

- Turn the car off if stopped for more than 10 seconds (except in traffic of course!).
- Ask your school principal to post a no-idling sign at your school.



For a **free** mountable sign, contact Donna Green at donna.green@pdxtrans.org or 503-823-6114.

Pedestrian Safety Classes to Begin

Many lucky 4th and 5th grade students have already received an exciting round of Bicycle Safety Education. Safe Routes to School Ambassadors from the Bicycle Transportation Alliance were invited into schools this fall providing 10 hours of instruction time per classroom, teaching students how to safely navigate around their neighborhood by bike.



Ambassadors have no time to rest as Pedestrian Safety Education begins right after Thanksgiving break. Ambassadors will be teaching in 15 new schools this year, bringing the

total number of schools receiving pedestrian (and bike) education services to 40. This group of 2nd grade students will be learning how to cross the street and walk around their neighborhoods safely.

In this two-day program, students practice on a roll-out model road first then take their skills to the streets for real-life practice. They also learn our popular crossing safety song.

*“Stop every time at the edge of the street
Use your head before your feet
Listen as you can for every sound
Look & listen left, right, and all around!”*

Pedestrian Safety Education wraps up by spring break and then it will be back to teaching bike safety through the spring.

If you would like to volunteer with the upcoming Pedestrian Safety classes contact Tom Rousculp at the Bicycle Transportation Alliance, at tom@bta4bikes.org or 503-226-0676 x20.

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



GROW HEALTHY. GET THERE.

Healthy Benefits of Walking and Biking to School

by Dr. Jennifer Rupert, MD



Dr. Jennifer Rupert is an Obstetrician and Gynecologist practicing at Kaiser Permanente in North Portland.

Dr. Rupert was one of six dignitaries to address James John Elementary students on Walk+Bike to School Day.

What do walking and biking to school have to do with obesity, mental health, and asthma? — A lot! Children who walk and bike to school have higher physical activity levels throughout the day, helping them meet the recommended 60 minutes of activity daily. This level of activity helps prevent childhood obesity and supports healthy bones.

“We enjoy walking the half-mile home from the school bus stop each day. It is good exercise and a nice chance to talk with each other” —Abernethy parent

Walking and biking to school is also a great way for kids to get the physical activity needed for healthy minds. Kids who are more physically active have better academic performance. Studies are also beginning to show that exposure to nature and free outdoor play can reduce stress and relieve ADHD symptoms.

If that isn't enough to get you out of your car, think about the air quality around a school when dozens of parents sit in idling cars while their children jump out. Air pollution has contributed to childhood asthma rates doubling between 1980 and the mid-1990s. Asthma rates remain at historically high levels and cause 14 million missed school days every year.

Walking and biking to school is healthy for kids, healthy for communities, and healthy for the planet.



Before...



After...

Engineering Highlight: Atkinson Elementary

The school crossing on SE Division St near 57th Ave has been improved. The curb extension enhances visibility and shortens the crossing distance for students.

The green street design provides a planter for vegetation and will help manage storm water runoff at its source.

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS





News

Pedestrian Safety Word Jumble

Unscramble the words right and then use the letters in the circles to answer this question:

Q: Where is the safest place to cross the street?

A: Print Your Answer Here —



1. KLOO

2. EESTR

3. ESTINL

4. ASYFTE

5. LEAEOSCSH

6. DETAPISENR

Answers: 1. Look 2. Street 3. Listen 4. Safety 5. Shoelaces 6. Pedestrian Word Jumble Answer: CROSSWALK

HEY KIDS!! SAFE ROUTES ESSAY CONTEST

Do you like to walk or bike to school, even when it's raining outside? Tell us why it is fun to walk or bike in the rain. Write us a letter (100 words or less) about how you walk or bike to school during the rainy winter months (or why you'd like to) and send it to Safe Routes. The winner will receive a backpack filled with fun Safe Routes to School goodies and the winning essay will be published in the next Safe Routes newsletter.

Send submissions to Safe Routes Essay Contest, attn: Taylor Sutton, 1120 SW 5th Ave, Ste 800, Portland, OR 97204, or email the text to taylor.sutton@trans.ci.portland.or.us Please include your name, grade and school. **Deadline is December 18, 2009.**

Our Mission—

SR2S is a program bringing transportation together in partnership with our schools, neighborhoods, and community organizations to encourage students and families to get to and from school in ways that reduce traffic, increase safety, build strong bodies and clear minds, plus provide a cleaner environment.

