## Walk+Bike to School Day Trainings

Wednesday, October 6 is International Walk+Bike to School Day! Attend our training to learn how to organize a Walk+Bike celebration at your school.

## Walk+Bike to School Day Trainings Thursday, September 9, 12:00 – 1:00 pm North Portland Library, 512 N Killingsworth

Wednesday, September 22, 4:00 – 5:00 pm Woodstock Library, 6008 SE 49th

Call Clay at 503-823-4998 to reserve a seat. Childcare and language interpretation available upon request.



MAYOR ADAMS WALKING WITH STUDENTS AT JAMES JOHN ELEMENTARY LAST YEAR ON WALK+BIKE TO SCHOOL DAY

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## Get Healthy, Get Moving

et's move! As school begins, this is the time to set healthy and fun habits about how your family gets to school. Today, make a commitment to walk or roll to school one day per week – it's fun, it's social, it's healthy.

Speaking of fun, don't miss International Walk + Bike to School Day on Wednesday, October 6! Students from more than 60 Portland schools participated last year, joining millions of students from 42



STUDENTS AT LENT ELEMENTARY WALK TO SCHOOL ON A FALL MORNING.

countries around the world. Is your school registered? Check it out and, if not, register at **www.walknbike.org**.

Why move? Walking, biking and rolling to school:

- Lessens traffic congestion 20 to 25% of morning traffic is adults driving children to school.
- Improves air quality exhaust from motor vehicles is the largest source of air pollution around schools.
- Contributes to student health reduces obesity rates and lessens risk for heart disease and depression.
- Improves academic performance helps students concentrate and do better in school.
- Increases student safety 50% of children hit by cars near schools involve cars driven by parents of other students.

Would you like help organizing at your school? Contact Clay Veka at clay.veka@portlandoregon.gov or 503-823-4998.

"I like the Safe Routes program. It will help when we move on to middle school, which is farther away from home. We walk everyday."

- Forest Park parent

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

## HAVE FUN. BE SAFE.

## Meet the Ambassadors

Have you met your Safe Routes Ambassadors? If you're a 2nd, 4th, or 5th grader (or the parent/ guardian of one!) you will soon.

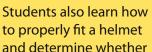


SAFE ROUTES AMBASSADORS ARE READY TO HELP! (L TO R) JAY, SHEILAGH, CARL, AND JOEL.

Jay, Sheilagh, Carl and Joel make up the team that works side-by-side with classroom teachers to give Portland students the skills they need

to safely navigate their neighborhoods by foot or bicycle. Beginning September 3, they'll be out in 40 schools across the city teaching 4th and 5th graders our bike safety curriculum.

**Bike Safety Education** provides 10 hours of hands-on instruction time. We bring a fleet of bicycles and helmets to each of our partner schools. Students practice the rules of the road and negotiating intersections.



and determine whether a bicycle is safe to ride or not. The program is a great way to get students healthy exercise and to show them how to get around their

#### We need volunteers!

neighborhood.

To join the fun by volunteering with a Bicycle Safety Education class, please contact

LeeAnne at leeanne@bta4bikes.org or 503-226-0676 Ext. 26.



A STUDENT AT HUMBOLDT **LEARNS SAFE BICYCLING** 



## Drive Smart! Don't Idle While Parked or Waiting

Susan Drake, Air Quality Specialist, Oregon Department of Environmental Quality (DEQ)

**Rule of thumb:** If you're waiting for your child at school and you'll be sitting for 10 seconds or longer . . . turn off your car's engine.

I didn't think about it when my kids were younger. I'd pull up in front of the school a few minutes early and sit idling with the other parents while we waited for our kids to pile out the school's front door. I now know better and turn off my engine while parked or waiting.

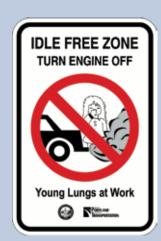
#### Consider this:

- Children's lungs are still developing and are more vulnerable to air pollution
- Children's asthma symptoms increase as a result of car exhaust
- · Asthma is the most common chronic illness in children and the cause of most school absences
- Car exhaust contains benzene which is known to cause cancer
- Pollution levels inside the idling car are higher than at roadside

Fortunately, reducing idling at schools is a simple idea that is starting to catch on.

Want to get involved? DEQ can provide advice, consultation and resources to help you start an idle-reduction program at your school.

Visit our website at www.deg.state. or.us/aq/toxics/whatyoucando.htm or call 503-229-6918.



"The bike safety class at Glencoe was exceptional. Thanks Leanne, Jay, Joel & Jordan!"

- Glencoe Park parent

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS











## GROW HEALTHY. GET THERE.

## Walking and Biking to Beach School

#### **Classroom Education**

Beach 4th and 5th grade students participate in 10 hours of Safe Routes to School bike safety education. This Beach story highlights how the classes reach beyond the schoolyard.

In Mr. Oleson's bike safety education class, one student learned to ride a bike. Two weeks later she taught her brother to ride and her sister was begging to learn too. The following weekend, her father pulled his bike out of the basement, where it sat since 1991, and they enjoyed their first-ever family bike ride to the park.

#### **Commute Program - Bike Train**

A bike train is an organized group of students riding their bikes to school with adult supervision. Under the leadership of a community bike activist, a bike train started at Beach this past spring.

For the first time, three students and one parent bicycle three miles to school, twice a week, along the new



BEACH SCHOOL ORGANIZED A BIKE TRAIN SO STUDENTS CAN SAFELY RIDE TO SCHOOL IN A GROUP.

Concord Neighborhood Greenway. The bike train gives students the opportunity to arrive at school alert and ready to learn and it has reintroduced the mother to bicycling, something she hasn't done since she was a child in Mexico.

On the last day of May Walk+Bike Challenge month over 100 students bicycled to school. By the end of the school year, there were three active bike trains and a total of 25 students participating.

#### After School Program – Bike Club

With assistance from the BTA, students at Beach participate in a free, after-school bike club. Students in the club learn safe riding skills and basic bike maintenance. Now Beach is looking for ways to continue the momentum built from the program.



# Engineering: Neighborhood Greenways are Great Safe Routes

Portland is creating a network of Neighborhood Greenways where people on foot and on bike are given priority. Greenways provide safe crossings for students walking to school, reduce traffic speeds, and provide a

quiet, low-stress network for getting around. You'll know you're on one of these streets when you see a "sharrow," a white symbol showing two arrows and a bike.





A NEW CROSSWALK ON ROSA PARKS BLVD PROVIDES EASIER ACCESS FOR STUDENTS AT BEACH SCHOOL.

To learn more about Neighborhood Greenways: www.neighborhoodgreenway.com

#### SAFE ROUTES TO SCHOOL SPONSORING PARTNERS











## MAD LIBS: Walk + Bike to School Day

Without reading the story, have a friend fill in the blanks with the indicated parts of speech. Then read the story including your words and enjoy!

"We love the walk and bike to school day event as it rewards our efforts to make choices that help the planet, our community, and our family."

- Chapman parent

Congratulations to Abby Pereida, winner of our Spring 2010 Parent Survey raffle. Of the roughly 2,600 surveys returned, the one Abby's parents filled out was chosen at random. Abby won a new bicycle and helmet of her choosing valued at \$400. Abby participated in our 10 hour Bike Safety Education program at Prescott and starts middle school this September. We hope that Abby enjoys her new ride and wish you the best of luck in our Fall raffle. Look for a survey in your mailbox this September.



ABBY PEREIDA WON A NEW BIKE, THANKS TO OUR PARENT SURVEY RAFFLE.

showed us a big poster in the classroom to announce (verb) + (verb)

to School Day in October. I was so excited I began (verb ending in –ing

around the room. The night before the big day I got out my

(mode of transportation) to clean it up for the morning. I could

hardly sleep at all and woke up at (time of day). I brushed my

(plural noun), combed my (noun) and was out the door very

Just the other day I walked into school and

. It took me (length of time) to get to school, and it was

. I want to use my (mode of transportation) to get

to school every day!



#### Our Mission—

Safe Routes to School brings
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.

