International Walk + Bike to School Day a Success!

ore than 60 Portland schools celebrated International Walk + Bike to School Day on October 6. Many schools organized walking school buses and handed out incentives to students. Sabin, Emerson, Beach, Creative Science and others organized bike trains to school. Abernethy celebrated with Tour de Ladd and more than 75 percent of Llewellyn's students walked or biked.

At Atkinson, hundreds of students and families joined dignitaries on the walk to school. They were greeted by the school band, local media and a table full of local pears for snacking.

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

PHOTO: BRIANLINCOLN.COM



MAYOR SAM ADAMS WITH STUDENT WALKERS

What's Inside...

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- 3 Ready to Ride
- **3** Sidewalk Improvements
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Cross with Confidence!

etting to school safely involves a critical decision for a child: Is it safe to cross?

Making this decision is the core of SR2S Pedestrian Safety Education. After Thanksgiving break, Safe Routes to School Ambassadors will teach hundreds of 2nd grade students in 40 schools (go to http://pdx. be/peds for a list of schools). These young students will get outdoor experience, learning to safely cross the street and walking around their neighborhood.



STUDENTS LEARNING PEDESTRIAN SAFETY

The two-day program starts with students practicing on a model intersection in the classroom. On the second day, they take their skills to streets near school 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
Make sure you hear every sound
Look left, look right, look all around!"

Pedestrian Safety Education will wrap up by spring break. Then we switch back to Bike Safety Education, where 4th- and 5th-graders receive 10 hours of bicycle training.

To volunteer for upcoming Pedestrian Safety classes, contact LeeAnne at the **Bicycle Transportation Alliance: leeanne@bta4bikes.org or 503-226-0676 x26.**

"We participate in organized walk to school days, whenever possible. We enjoy those. Thank you Walk to School Volunteers!"

- Capitol Hill parent

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

HAVE FUN. BE SAFE.

Free SR2S Resources

Bike Fair Kit: Organizing a bike fair at your school? Borrow a bike fair kit, which includes materials and instructions for five fun activities.

Tabling Kit: Want to share Safe Routes materials at your next event? Borrow a tabling kit with maps, safety resources, stickers and more.



SAFE ROUTES BIKE FAIR KIT AND CONTENTS

Workshop Calendar –

Join us! Or contact us for a workshop tailored to your school.

Monday, Dec. 6, 1-2 pm: SE Safe Routes Conversation – learn, share and network with your neighbors, Belmont Library (1038 SE Cesar Chavez Blvd, 97214)

Wednesday, Dec. 8, 10:30-11:30 am: All-Weather Walking and Biking Midland Library (805 SE 122nd Ave, 97233)

Tuesday, Jan. 11, noon-1 pm: Stop + Walk: Starting Small and Successfully Hollywood Library (4040 NE Tillamook St, 97212)

RSVP to clay.veka@portlandoregon.gov or 503-823-4998. Child care and translation services are provided upon request.

We have many other workshops scheduled throughout the spring. For dates, time and specifics, go to **http://pdx.be/peds.**



SURVEY THIS: Ask Dan Bower

Dan Bower is part of the team that helps evaluate and secure funding for Safe Routes to School projects.

Q. Dan, why are you sending out this survey?

A. We survey all families of K-5 students at SR2S schools twice a year to help evaluate the program.

Q. So that means people will be getting another survey?

A. Yes, learning about student travel habits in both the fall and the spring each year helps us see if the program is working. (It is!)

Q. Who's paying for all of the evaluation materials?

A. The survey work is required by state and federal sources that help fund SR2S. This year our evaluation work is paid for by a grant from the Oregon Department of Transportation (ODOT). We've been able to write several winning grant applications for local SR2S projects using the data collected.

Q. Why do you keep asking them the same questions?

A. We've learned that parent and student attitudes toward walking and biking to school shift as students get older and they are exposed to SR2S. We like to track these trends over time.

Q. Parents have concerns about sidewalks and speeding traffic. What are you doing about it?

A. We read people's comments and submit a list of concerns to the city's Traffic Safety Hotline. Hotline staff assigns a traffic engineer to study the issues. If you have traffic safety concerns, you don't have to wait until the spring survey; you can call **503-823-SAFE (7233) or email safe@portlandoregon.gov** today. Also, feel free to submit happy comments on the surveys (many of you do) so we know what we're doing right.

"My child learned to ride a bike last month through the education program at school...and her younger brother learned watching her. One child is still working on it. Both parents now riding, too (one after 2 or 3 year break, the other after 20+ years)"

- Beach parent

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS











GROW HEALTHY. GET THERE.

Getting Young Ones Ready to Ride

Learning to ride a bike is mostly about balancing on two wheels. A great way to start (as early as 2 years old) is on a "scoot" bike – a small bike with no pedals or chain. You can make your own from a regular child's bike by removing the pedals and lowering the seat. Find a smooth stretch of sidewalk or pavement and let your child kick around. Learning to ride can be stressful, so praise every success, and don't be surprised if there are a few bumps and scrapes.

Once your child has learned to coast, learning to pedal should be an easier process. Here are a few more bike-riding milestones to look forward to:

- Starting and stopping quickly
- Turning smoothly
- · Riding up and down a steep hill
- Using hand signals
- · Looking over the shoulder while riding in a straight line
- · Going on a family bike ride on the street
- · Biking to school or a friend's house
- Biking at night
- Biking to Senior Prom on a tandem with friends!

Children develop abilities and interests at different rates, so it's impossible to tell when these milestones will be reached. Many students learn how to use hand brakes and how to ride in traffic through Safe Routes Bicycle Safety Education in 4th or 5th grade. Keep a bike handy at home for your child, and offer plenty of fun opportunities to ride with you.



Engineering: New Sidewalks near Menlo Park School

This new sidewalk infill project at NE 128th and Glisan near Menlo Park Elementary makes it easier for students to walk to school. This project was funded largely by the American Recovery and Reinvestment Act of 2009.

Before



128TH AND GLISAN

After



128TH AND GLISAN - WOW! WHAT A DIFFERENCE!

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS













Portland Bureau of Transportation Winter Issue 2010

SAFE ROUTES HAIKU CHALLENGE

Sidewalks, puddles, splash! Write a winter walk haiku Send by the New Year

> "I wish all kids could walk or bike to school. Thanks for helping us get closer to that goal."

> > - Woodmere parent

A haiku is a non-rhymed verse genre of Japanese origin; it means "playful verse." Write your own haiku in the English form of three lines, with a rhythm of five, seven and five syllables. The winner will receive a prize and their haiku will be printed in our newsletter.

Mail to:

Safe Routes Haiku Contest Attn-Taylor Sutton 1120 SW 5th Ave, Room 800 Portland, OR 97204

Or email to:

taylor.sutton@portlandoregon.gov

Please include:

Name, age and school

Deadline:

January 1, 2011

Congratulations

to Aaron Vischer, age 8, from Alameda Elementary! He won our Safe Routes to School T-shirt contest. Aaron will receive a T-shirt printed with his design, as well as a new backpack stuffed with Safe Routes goodies.

Great job, Aaron!



AARON VISCHER'S WINNING DESIGN!



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.

