

Sunday Parkways is Family Friendly Fun



Portland is 800% Better

Each spring and fall, we ask parents of K-5 students at Safe Routes schools to fill out a survey on how they travel to school. The information we've collected since fall 2006 has shown a decrease in driving and an increase in walking and biking to school.

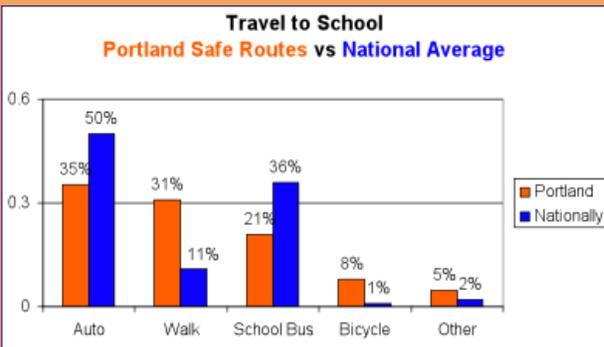
Compared to other Safe Routes schools across the country, Portland shows impressive numbers for walking and biking. Our students walk nearly 300 percent more, and bike 800 percent more than other students. *Way to go!*

Be sure to check out one, or all, of our remaining Portland Sunday Parkways events for 2011. There is something for children and adults of all ages to enjoy.

Presented by Kaiser Permanente, Portland Sunday Parkways is all about promoting healthy active living through a series of free events opening the city's largest public space – its streets – to walk, bike, roll and discover active transportation. Bring your family and friends to enjoy the 6-8 mile traffic-free routes, try a short fitness class, learn new dance steps, try out a bike skills track, or just relax and check out the food carts. There are great food choices for everyone.

We also need plenty of volunteers for each event. Intersection Superheros are needed to cheer on participants and keep them safe at the event. Your family or group can adopt an intersection and even dress up for your role. You can volunteer for part of the event and then enjoy the rest of the day as a participant. Go to www.PortlandSundayParkways.org for links to all the information you need, including maps of all the routes.

For more information on Sunday Parkways contact our Sunday Parkways team at PortlandSundayParkways@portlandoregon.gov or 503-823-7599.



What's Inside...

- 2 Construction Ahead
- 2 King Lions Walk to School
- 3 The Power of Play
- 4 SR2S Summer Photo Contest
- 5 SR2S Calendar & Resources

2011 Sunday Parkways are:

- June 26 – North Portland
- July 24 – NW/Downtown Portland
- August 28 – Southeast Portland
- September 25 – Northeast Portland

New Times!

- June - August, 11 am to 4 pm
- September, Noon to 5 pm

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

HAVE FUN. BE SAFE.

Safe Routes and BTA are great and have inspired our family to ride!
— Atkinson parent

Construction Ahead!

2011 has been a good year for the Safe Routes grant writing team.

In April, our program was awarded a \$500,000 grant from the Oregon Department of Transportation (ODOT) to make pedestrian crossing improvements at four high-priority schools (Harvey Scott K-8, Prescott Elementary, Mill Park Elementary and Lent K-8). This grant is designed to make it easier and safer for students to cross the street by building curb extensions and pedestrian refuge islands at intersections around the schools.

In May, we were awarded our biggest grant to date from ODOT's Transportation Enhancements program. This \$1.5 million dollar award will allow us to build sidewalks and calm traffic on SE Holgate and SE Ramona streets fronting Gilbert Heights Elementary, Gilbert Park Elementary, and Alice Ott Middle School in the David Douglas School District.

We're very pleased to be able to bring these safety improvements to schools that really need them.



Watch Out, The King Lions are Walking to School

Families at King PK-8 School held their first Walk to School Wednesday this spring. Over 25 students and families gathered at Irving Park to start their morning with a brisk walk. The parade walked along NE 7th Avenue carrying signs in English and Spanish that read "King School loves to walk" and "ven a caminar con nosotros".

Safe Routes to School and El Programa Hispano worked together with a group of Latino parents at King School to organize the Walk to School Wednesdays. The Latino parents recently completed El Programa Hispano's Academia de Lideres, a leadership development program for parents. After graduating from the program, they were ready to lead a school project and chose to organize the weekly walking school bus for King families.

Most Wednesdays, King families will gather at Two Plum Park at 8:15 for the walk to school together. Families will meet further from school, at Irving Park, for a longer walk to school on late start Wednesdays. Although the park sits outside the school boundary, the parents decided that once a month they want to celebrate health by taking a longer walk to the school. Recently they partnered with more parents and the PTA to add a second walking school bus route. Way to go King Lions!

I think Safe Routes is a wonderful way to get kids and their parent out walking and biking more especially when the majority of families live within 1/2 mile from school. —Chief Joseph parent

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



GROW HEALTHY. GET THERE.



**Our guest author is:
Jonathon Blasher,
Portland-based
Executive Director
of Playworks**

Power Play with Playworks

When I was little my parents sent me outside to play until it was dark-rain or shine-no excuses. And rain OR shine... I didn't care! I spent hours outdoors making friends, dribbling the ball, building tree-forts and interacting with the world around me...

But something has happened to the state of play in our country. I'm concerned that I don't see neighborhood kids setting up games of tag. I'm concerned that increasingly,

schools across America have eliminated or severely cut back recess time. Because many studies show that school recess is more than just child's play. Play nurtures vital life and social skills that help kids stay more focused on schoolwork, solve conflicts and build positive relationships with peers.

As the Portland-based executive director of Playworks, a non-profit that celebrates recess and the power of play, I say bring back play for kids in our schools and at home!

Looking for fresh new games to play with your kids or students? Check-out the Playworks games database (www.playworks.org/games) and join us at Sunday Parkways this year for recess games in the park during the spring and summer.



Engineering: New sidewalks for Capitol Hill

New sidewalks, parking, and bioswales along SW Spring Garden provide a safer and more pleasant walking experience for students at Capitol Hill school in southwest Portland.

Before



NO SAFE WAY TO WALK OR PARK

After



SAFER AND MORE ENJOYABLE ACCESS TO SCHOOL!

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



David Douglas School District





News

Portland Bureau of Transportation ■ Summer Issue 2011

Families on the Move— Safe Routes Summer Photo Contest

Summer is the perfect time for families to enjoy outdoor activities and remember them with pictures. Send us your favorite summer fun picture of your family biking, walking or skating adventure. It can be in your neighborhood, on vacation, or at an event like Sunday Parkways. The winner will receive a prize and have their picture printed in the fall newsletter. To enter the contest, just send your picture to the address or email below.

Mail your picture to:

Safe Routes to School Photo Contest
Attn: John Chism
1120 SW 5th Ave, Room 800
Portland OR 97204

Or email to:

John.Chism@portlandoregon.gov

Please include:

Name, age and school

Deadline:

August 1, 2011

Portland's safe routes program has made me more interested in encouraging our kids to walk!

- Rieke parent

jeremy hiebert



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.

