

SAFE ROUTES to School

NEWS

City of Portland, Bureau of Transportation

SPRING ISSUE 2017

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SmartTrips to School: Tools for Staying Active

SmartTrips to School is back! Loaded with free walk, bike, and roll resources, SmartTrips is sure to get your family moving safely to school. Families of 2nd and 6th grade students can expect to see order forms in mailboxes this March. Order online at SmartTripsToSchool.com!



The More They Burn, The Better They Learn

Testing season is approaching, which means it's time for your student to get moving. Why? Because youth who are physically active tend to have better grades, school attendance, and classroom behaviors. Kids who get regular activity are also on their way to building a lifetime of heart-healthy habits.

The Center for Disease Control and Prevention (CDC) recommends 60 minutes or more of activity per day. Meet or surpass that recommendation by adding walking or rolling to school into your child's routine. Walking to the bus stop or parking a block or two from school and walking the rest of the way adds steps to your child's day (and yours!), while also helping them show up ready to learn.

As your student gets their brain ready for testing season, don't forget to add in extra playtime or some family walks to school. Even once or twice a week can be beneficial. Your child's grades will thank you!



Have Fun. Be Safe.

Make Sure Your Voice Is Heard This Spring



Through PBOT's Fixing Our Streets program, Safe Routes to School (SRTS) has \$8 million for transportation safety projects around schools. Help us decide which projects would benefit your school neighborhood.

SRTS is hosting lots of open houses, walk audits, and community events to gather feedback – join us!

If your student attends school in David Douglas, Reynolds, or Centennial districts, events will be organized in your area to gather feedback from the school community. Contact your coordinator for more information:

David Douglas – Xao Xiong, xao_xiong@ddouglas.k12.or.us, 503-261-8392

Reynolds (Alder, Glenfair, & Margaret Scott)

Janis McDonald, janis.mcdonald@portlandoregon.gov, 503-823-5358

Centennial (Lynch View, Lynch Wood, Oliver, & Parklane)

Janis McDonald, janis.mcdonald@portlandoregon.gov, 503-823-5358

Drop in to an open house any time between 6 and 8pm. Snacks and childcare will be provided. See more at bit.ly/OpenHouseSRTS (case sensitive).

HS Cluster	Date	Location
Roosevelt	Tuesday, March 14	César Chávez School, 5103 N Willis
Franklin	Tuesday, March 21	Arleta School, 5109 SE 66th Ave.
Cleveland	Tuesday, April 4	Hosford Middle School, 2303 SE 28th Pl.
Madison	Wednesday, April 12	Harvey Scott School, 6700 NE Prescott
Parkrose	Tuesday, April 18	Parkrose MS, 11800 NE Shaver
Jefferson	Thursday, April 20	Ockley Green MS, 6031 N Montana
Wilson	Tuesday, April 25	Jackson MS, 10625 SW 35th Ave.
Lincoln	Tuesday, May 2	Lincoln HS, 1600 SW Salmon St.

Ways to provide feedback if you can't attend an open house



Pedestrian advocacy group, **Oregon Walks**, will be leading community walks at several PPS schools to collect feedback from families. For more information, visit OregonWalks.org/healthytravel2school.



Portland Public Schools has launched a **new mobile friendly website** to help families and students find their safe routes and also report issues on the way to school. Check it out at saferoutespdx.org.

SRTS will also be leading **community walks** in the Wilson cluster to learn more about routes and needed improvements. See this issue's calendar for details.



If you have voiced concerns in a Safe Routes parent **travel survey** over the past few years, we will be using that information as well.



SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



Grow Healthy. Get There.



The Challenge Is On!

How many friends can you get to join you in walking, biking and rolling to school? It may only be March, but it's already time to start preparing for **May's Walk + Roll to School Challenge Month**. The Challenge is a month-long competition between Oregon students of all ages. Students keep track of the days they walk, bike, run or roll to school.



The Safe Routes to School (SRTS) program encourages all Portland schools to register at walknbike.org. Signing up means your school will receive a box of fun prizes to pass out during May!

Parents or school staff register their school, coordinate activities and promote the Challenge. Safe Routes staff can assist with registration and organization, and are available to help collaborate on fun events throughout May. If your school is new to SRTS activities or you are a new coordinator, contact us to discuss how to start participating at your own pace.

Email us at saferoutes@portlandoregon.gov, or call Janis at 503-823-5358 for more information.

Engineering: New Crosswalks

Newly installed crosswalks on SE 106th Ave. provide a more visible crossing for students at Floyd Light Middle School, East Portland Community Center, and residents of the apartment complex along the street.



See kids



DOERNBECHER
CHILDREN'S
Hospital



Parkrose
School District





Safe Routes to School
1120 SW 5th Avenue, Room 800
Portland, OR 97204

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SAFE ROUTES to School

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.

saferoutesportland.org

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The City of Portland complies with all non-discrimination, Civil Rights laws including Civil Rights Title VI and ADA Title II. To help ensure equal access to City programs, services and activities, the City of Portland will reasonably modify policies/procedures and provide auxiliary aids/services to persons with disabilities. Call 503-823-5185, email saferoutes@portlandoregon.gov, TTY 503-823-6868 or Oregon Relay Service: 711 with such requests.

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Thank you to everyone who participated in our Haiku Poem Contest 2017, where you beautifully expressed the joy of actively getting to school. We are excited to showcase winning poems, and loved reading every one!

HAIKU CONTEST

Crunching in the leaves
Talking about anything
Laughing with my friends
- Anna

Rushing for breakfast
Looking both ways on the street
Waving mom goodbye
- Symone

Laughing and walking
We meet up with the guys
Middle school morning
- Fisher



Spring SRTS Calendar

Safe Routes will be busy hosting open houses to learn how school communities would like to use **Fixing Our Streets** funding. See this month's article on page 2 to find an opportunity to provide feedback near you.

April
26
Wednesday, April 26
TALK THE WALK!
Community Walks led by
Safe Routes to School

Share feedback about your routes to school – what works and what needs improvement?

Hayhurst ES Walk, 5037 SW Iowa St. at 2:30PM

Robert Gray MS Walk, 5505 SW 23rd Ave at 3:45PM



April
27
Thursday, April 27
TALK THE WALK!
Community walks led by
Safe Routes to School

Share feedback about your routes to school – what works and what needs improvement?

Markham ES Walk, 10531 SW Capitol Hwy at 3:10PM

May
1-31
May 1-31
Walk + Roll to School
Challenge Month

A friendly month-long competition to encourage more kids and families to walk, bike and roll to school and in their neighborhoods. Register your school at walknbike.org.



Every Thursday & Friday
Portland Parks
Ladybug Nature Walks

Ladybug Walks are perfect for preschoolers and parents who want to explore nature in Portland's parks with trained preschool naturalists! Children are guided along the trails by an Environmental Educator. Every Thursday and Friday from February – November.

See dates and locations at portlandoregon.gov/parks/64625

Suggested cost: \$4

saferoutesportland.org

Survey Results Are In!

Thanks to all the parents who completed the fall travel survey! For the first time ever, SRTS surveyed all 97 of the public schools participating in the SRTS program. Results show that students are using active transportation 36% of the time by walking, biking, and rolling throughout the week. For more details from the fall survey, visit SafeRoutesPortland.org and click on 'Evaluation.' The next round of travel surveys will open in May 2017 – watch your mailbox or check back on the website!

How are K-8 students getting to school?

