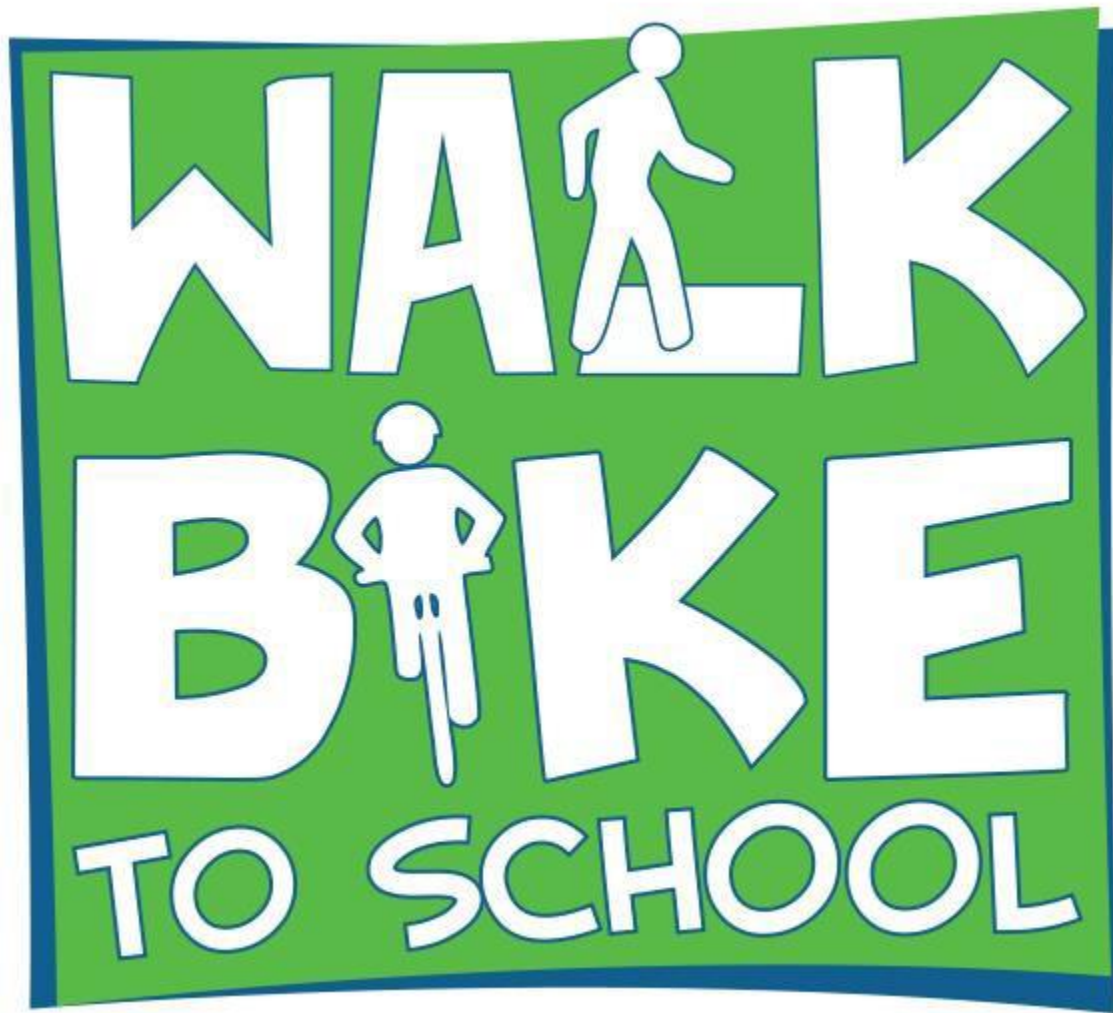


Toolkit for International Walk & Bike to School Day!





Dear Coordinator,

Thanks for helping organize the International Walk and Bike to School Day at your school! To help you plan and carry out the activities, we are pleased to introduce the Walk & Roll Resource Manual. This Manual is a collection of suggested resources designed to support your efforts in creating a successful Walk and Bike to School Day (and if your school decides to make it a weeklong event, we've included resources for that as well). Please feel free to use whatever you find helpful for your school or community.

In this toolkit, we've included:

- material to help you prepare for the event by reaching out to the staff and recruiting volunteers
- resources to help you carry out the event
- information about Walking School Buses and Bike Trains, to help your school maintain the momentum after the event

As you know, this is a pivotal event in our yearlong effort to encourage students to start their school day with some exercise. Research has shown getting physical activity helps students think more clearly, feel more energized, and be better behaved.

Thank you for all your hard work in making the Safe Routes to School program a success this year.

Sincerely,

The Safe Routes to School team at the Public Health Department
Santa Clara County



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*Start by doing what's necessary; then do what's possible;
and suddenly you are doing the impossible."*

– Francis of Assisi



What is Walk & Bike to School Day?

Walk & Bike to School Day is an international event that encourages students to walk and bike to school. It usually occurs the first Wednesday in October, but you can choose whichever date that works best for your school community.

Walk and Bike to School Days encourage a healthy and active lifestyle and have the following outcomes:

- Reduction in traffic congestion and vehicle speed near schools
- Reduction in air pollution (and associated child respiratory effects) and fewer greenhouse gas emissions
- Improved academic performance and classroom behavior
- Improved social networks between students – also between adults and students
- Students learn safe walking and bicycling behavior
- Students experience independence and build their self-confidence
- Reclamation of community streets so that they are safer for walking and bicycling
- Sharing the joys of walking and biking

This event is the main activity that instills the Safe Routes to School (SRTS) program as part of the culture of your school.

Walk and Bike to School Day events can be simple or elaborate. For example, one event organizer might choose to set a date for the event, publish it in the school newsletter, and conduct the day without a lot of splash. Another event might include inviting the local evening news, holding a parade with dignitaries, conducting speeches, serving breakfast to all participants and wrapping up with a school assembly on bicycle and pedestrian safety. A school might start with hosting a big event, and then move to a low key event over time, as students become more accustomed to walking and biking on a regular basis. Another place might start simple and then build efforts in subsequent years. Do what works for your school and community.

During a Walk and Bike to School Day, volunteers can host a greeting table with food and/or simple rewards for students who walk and bike to school. Walking School Buses or Bike Trains can be organized as a way to encourage groups of students to travel together. Special remote drop-offs for buses and parent drivers can also be organized for those students who live beyond a reasonable walking or bicycling distance from school.

For more information, check out the Santa Clara County [Safe Routes to School Coordinator Manual](http://www.sccphd.org/traffic), www.sccphd.org/traffic website or call 408.793.2700.

To see what International Walk and Bike to School Day can look like, check out San Miguel Elementary's celebration in 2014: <https://youtu.be/G81299WU-00>

Checklist for Walk and Bike to School Day

To help plan your event, here are some suggested steps. Please feel free to do whatever makes sense for your school. **Walk & Roll partners are required to carry out the activities listed in bolded blue.**

Preparation for the event

- ☐ **Tell the Safe Routes to School team at the Public Health Department that you're participating!**
- ☐ Think of what kind of event you want to have & share with school principal and staff
 - Just one day or a week of celebrations? What sorts of activities to include?
- ☐ Recruit volunteers
- ☐ Set foundation for Walk & Bike to School Week by promoting the benefits of walking/biking to school in newsletter, website, or posting banners. Send home **10 Good Reasons to Walk or Bike to School**
- ☐ **Conduct Student Travel Tally – week of September 2nd**

International Walk & Bike to School Day – scheduled for Wednesday October 2nd


- ☐ Set up music, healthy refreshments, balloons, local celebrity greeter
- ☐ Welcome students when they arrive to school
- ☐ Track number of students who participate
 - Tallies by school door, stickers on posters, signature poster/mural
- ☐ Hold classroom competition
 - For example, classroom with the most participants wins a “golden shoe” trophy or a walk or bike ride with the principal
- ☐ Coordinate school-wide or classroom activities
- ☐ Conduct school assembly
- ☐ Distribute incentives to youth who walk or bike to school
- ☐ **Teachers conduct Student Travel Tally count (on Wednesday, and also Tuesday or Thursday of that week)**
- ☐ Congratulate staff & students for all their efforts
- ☐ Take lots of pictures
- ☐ Have fun!

After the day

- ☐ Share photos on social media outlets and/or school website
- ☐ **Submit Student Travel Tallies to the Santa Clara County Public Health Department staff (if you are partnering with Public Health) or you can use the [National SRTS Tally Forms](#), and connect with your city's SRTS Coordinator (if applicable) or enter data yourself via [Safe Routes to School Data System](#)**
- ☐ Maintain your momentum
 - Continue weekly, biweekly, or monthly walk and bike to school days
 - Refer to the [Safe Routes to School Coordinator Manual](#) for ideas and resources
 - For more information, check out, <http://www.walkbiketoschool.org/>

Walk & Bike to Week Activity Calendar
September/October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>4 week to go!</i>	2	3 Conduct Student Travel Tally	4 Conduct Student Travel Tally	5 Conduct Student Travel Tally	6	7
8 <i>3 weeks to go!</i>	9	10	11	12	13	14
	Coordinator to share Walk & Bike Week activities with school staff (See Toolkit pg.11)					
15 <i>2 week to go!</i>	16	17	18	19	20	21
	Include Walk & Bike info in newsletters home and school webpage Walk & Bike Week materials delivered to schools					
22 <i>1 week to go!</i>	23	24	25	26	27	28
	Set the foundation of Walk & Bike to School Week by promoting the benefits of walking/biking to school in newsletter, website, or posting banners. Send home 10 Good Reasons to Walk or Bike to School (Toolkit pg. 22).					

29	30 Walk and Bike to School Week is here! <i>Distribute incentives to youth who walk or bike to school</i>	October 1	2 International Walk and Bike to School Day	3	4	5
		Continue school wide or classroom activities throughout the week. Conduct school assembly during the week. (See Toolkit pg. 30)				
						
		Conduct Student Travel Tally	Conduct Student Travel Tally	Conduct Student Travel Tally		

If You're Going to Organize Your Own Walk and Bike to School Week

For those that feel one day isn't enough fun for their students, we have a list of resources for you to launch a full week of fun walk and roll activities! Feel free to use whatever you find helpful.

In the months before the event

Get Partners:

- ☐ Talk to previous Walk & Bike to School Coordinators at your school/district to seek advice and lesson learned
- ☐ Find 2-3 interested volunteers to help coordinate the event
- ☐ Contact the school administration and PTO/PTA about the event and enlist their support
- ☐ Recruit teachers/volunteers for various roles (greeting students, leading walking school buses, meeting buses at the remote drop-off location, etc.)
- ☐ Seek donations from PTA and local businesses
- ☐ Ask children what they want from the event (recognition, prizes, themes, etc.)

Plan - work with partners to plan the celebration

- ☐ Decide what type of event fits your school and community
- ☐ Determine the dates for Walk & Bike to School Week
 - Schedule back-up rain date
- ☐ Recruit volunteers and delegate responsibility
 - Collect volunteer contact information
- ☐ Always keep safety in mind when planning activities and conducting walking and bicycling routes
- ☐ Decide what modes to use (e.g. informal or more formal Walking School Bus, Bike Trains, and/or remote drop-off site for buses – see Safe Routes Program tip sheets on these topics)
 - Identify and map out routes (using tools such as [google.com/maps](https://www.google.com/maps) or [communitymap.com](https://www.communitymap.com))
 - Identify “park and walk” or drop-off locations
- ☐ Develop banners and signs in addition to the posters available from Safe Routes to School Program.
- ☐ Solicit funding or donations of food and other rewards. Contact Safe Routes to School Coordinator for available incentives list; Contact local businesses for donations of refreshments and/or other small freebies.
- ☐ Contact police department
 - Seek route advice
 - Invite police to participate on the day of the event
- ☐ Contact local celebrities to ask them to be walkers or greeters
 - Superintendent, city officials, mascots, local sports teams, high school students

Assess

- ☐ Conduct Student Travel Tally count two times during the week of September 2nd (either Tuesday, Wednesday, or Thursday of that week)
- ☐ Conduct Student Travel Tally count two times during the week of September 30th – October 4th (either Tuesday, Wednesday, or Thursday of that week)

Register Your Event

- ☐ Register with www.walkbiketoschool.org to join the movement and access free downloadable materials such as banners, fliers, stickers, puzzles and certificates.

Promote Your Event!

- ☐ Post signs and banners at the school
- ☐ Send event flyer to parents. Send home **10 Good Reasons to Walk or Bike**
- ☐ Post event announcement in school newsletter, website, and Facebook page. Post the information on the school marquee.
- ☐ Ask principal to make loudspeaker announcement(s) and/or send e-mail preceding the event
- ☐ Make announcements at Back to School Night and at parent teacher group meetings
- ☐ Consider contacting local media: newspaper, TV station
 - Press Release
- ☐ Hold pre-event assembly

Walk & Bike to School Week

Activities for week

- ☐ Conduct school assembly during week (see page 30 of Toolkit)
- ☐ Continue school-wide or classroom activities throughout week
 - Set up music, healthy refreshments, balloons, local celebrity greeter
 - Welcome students when they arrive to school
 - Track number of students who participate
- ☐ Hold classroom competition
 - For example, classroom with the most participants wins a “golden shoe” trophy or a walk or bike ride with the principal
- ☐ Give away prizes
- ☐ Conduct Student Travel Tally count (on Tuesday, Wednesday, and Thursday)
- ☐ Take lots of pictures
- ☐ Have fun!

Activities for each day

Monday

- ☐ Make morning announcement #1 and ask trivia question (see page 27 of Toolkit)
- ☐ Launch classroom activities
- ☐ Distribute incentives to youth who walk or bike to school

Tuesday

- ☐ Make morning announcement #2 and ask trivia question
- ☐ Conduct Student Travel Tally *

Wednesday – **International Walk to School Day**

- ☐ Make morning announcement #3 and ask trivia question
- ☐ Conduct Student Travel Tally *

Thursday

- ☐ Make morning announcement #4 and ask trivia question
- ☐ Conduct Student Travel Tally *

Friday

- ☐ Make morning announcement #2 and ask trivia question
- ☐ Congratulate staff & students for all their efforts

* = choose two of three days (Tues, Wed, or Thurs) to complete Student Travel Tally

After the Week – Evaluate and Follow Up

- ☐ Thank all volunteers and participants
- ☐ Submit Student Travel Tallies to the Santa Clara County Public Health Department staff (if you are partnering with Public Health) or you can use the [National SRTS Tally Forms](#), and connect with your city's SRTS Coordinator (if applicable) or enter data yourself via [Safe Routes to School Data System](#)
- ☐ Promote success of event
- ☐ Share stories and pictures on social media outlets
- ☐ Tally student evaluation
- ☐ Use momentum and enthusiasm to create a more sustainable and comprehensive Safe Routes to School Program
 - Continue weekly, biweekly, or monthly walk and bike to school days
 - Refer to the Santa Clara County [Safe Routes to School Coordinator Manual](#) for more resources

How to Recruit Volunteers

Volunteers are essential to the success of the program. Effective volunteers can go a long way in reaching program goals and objectives. Although recruitment of volunteers and management may seem challenging, it need not be difficult.

Some reasons parent, staff, and other might want to volunteer include:

- Help to ease local community traffic congestion near schools, making schools safer
- Help to improve air quality near schools
- Educate children and families on overall health importance of physical activity and safety
- Support physically active children who perform better in school
- Build a strong sense of neighborhood and community
- Support a cause they believe in
- It's fun

Here's a list of people to potentially involve and to draw from as volunteers:

School

- Principal and other administrators
- PTA/PTO representative
- Parents & students (especially students who already walk & bike to school)
- Teachers (start w/Physical Education & Health teachers)
- School nurse
- Transportation director
- School Improvement, Wellness, and/or Safety committee
- School crossing guards
- Facilities/custodian representative
- Service learning team

Community

- Community members, includes retired people
- Neighborhood association members
- Local businesses
- Local pedestrian, bicycle and safety advocates
- Hospitals
- Service Clubs (e.g. Rotary, Kiwanis)
- Health Clubs
- Health Insurance Companies

Local Government

- Elected city/town/county officials

- Traffic engineer
- Local planner
- Representatives from public health, public works, law enforcement, and EMS/fire department

The Plan

- Utilize as many forms of communication as possible. Use flyers, email, presentation opportunities and direct contact to inform the community about the program and recruit volunteers; they are all necessary.
- Most potential volunteers like to know they are joining an organization with a good reputation in the community. Promoting the program in the context on a local and national level will help improve credibility.
- Frequently, volunteers are located by word of mouth. Therefore, it is wise to identify stakeholders, (e.g., parents, school site leaders, school administrators) and make them aware of your efforts. They will often send volunteers your way.
- Take advantage of existing volunteer rosters.

Make sure you thank your volunteers often. Let them know they are appreciated. Give your team an opportunity to bond with each other. Empower them by giving them responsibility and decision making powers. Volunteers need to feel they have ownership of the program and that their ideas are valued. Treat each other with respect even when you disagree.

Additional Resources

International and National Organizations

- National Center for Safe Routes to School and U.S. Department of Transportation
 - Website: www.walkbiketoschool.org
- Safe Routes to School National Partnership: www.saferoutespartnership.org
- Centers for Disease Control and Prevention, Kids Walk to School
 - A Guide to Promote Walking to School: <http://stacks.cdc.gov/view/cdc/11316>

California

- Safe Routes to School Technical Resource Center: www.casaferoutestoschool.org

Santa Clara County

- Santa Clara County Public Health Department Website (with a detailed Walk and Bike to School Week Manual): www.sccphd.org/traffic

Other Schools

- Safe Routes to School Marin County: <http://www.saferoutestoschools.org/>
- Safe Routes to School North Carolina. Promoting Walking and Bicycling to School: An Event Planning Guide for Walk to School Day and Bike to School Day.
<https://connect.ncdot.gov/projects/BikePed/Documents/NCHowToPlan.pdf>
- WALKSacramento. Sacramento County Safe Routes to School Toolkit (March 2012).
<http://www.walksacramento.org/wp-content/uploads/2012/06/SacramentoCountySRTSToolkitFINAL.pdf>
- New Jersey Safe Routes to School. How to Get Started.
<http://www.saferoutesnj.org/resources/gettingstarted/>



To: School Staff
From: Walk & Bike to School Coordinator
Date: September 2, 2019
Subject: Information about Walk & Bike to School Day

Dear School Staff,

Hope you had a great summer! We want to let you know about the upcoming Walk and Bike to School Day on Wednesday October 2nd. It is a time for students, parents, families, and school staff to walk or bike to school. Please consider walking or biking to school yourself, and then volunteer to help organize activities on that day.

Walk & Bike to School Day helps teach our children safe walking and biking skills, reduces traffic and air pollution near our school, and helps children get more physical activity. Students who start their school day with some exercise think more clearly, feel more energized, and are better behaved. Once students have walked or biked to school and found that it wasn't so hard – or that they have really enjoyed it, they may try it again!

Hope you'll be able to help us make the day a success.

Sincerely,

Your Friendly Safe Routes to School Coordinator



To: School Staff
From: Walk & Bike to School Week Coordinator
Date: September 2, 2019
Subject: Walk & Bike to School Day activities, October 2nd, 2019

You will receive student incentive prizes by the end of the month to support our Walk and Bike to School Day activities. Incentives are available for every student who walks or bikes to school.

THIS WEEK.....

Please complete the attached student travel tally on the morning of two of the following days: Tuesday morning September 3rd, Wednesday morning September 4th, Thursday September 5th.

Student travel tally – Simple instructions

- Ask “How did you arrive at school today?”
- Read the possible answers (walk, bike, school bus, family vehicle, carpool, transit, or other)
- Ask students to raise their hand for one choice.
- Count and record the student responses

- Ask “How do you plan to leave for home after school?”
- Read the possible answers (walk, bike, school bus, family vehicle, carpool, transit, or other)
- Ask students to raise their hand for one choice.
- Record the number of students

Fill in the identifying information and turn the form into me, your Walk and Bike to School Week coordinator.

Our school will be 1 of over 42 elementary schools in Santa Clara County participating in Walk and Bike to School Day 2018. This year’s **Walk and Roll** theme encourages participating sites to support walking and bicycling to get students active on their way to and from school. Over 40 countries around the world participate in International Walk to School Day!

Sincerely,

Your Friendly Safe Routes to School Coordinator

Sample language for requesting funds from local businesses – use school letterhead

Manager's Name
Name of Business
Street address
Town, CA zip
Date

Dear _____ (Manager's name/Name of business):

This year, _____ (name of school) will be hosting a Walk & Bike to School Day on
_____ (list every day of your school's event).

We are seeking donations of healthy drinks and snacks, and small prizes for distribution to students who walk and bike to school. We believe your business will benefit greatly by contributing to our regularly scheduled event, and would like to request a donation from you. We are seeking a suggested monetary donation of \$_____ and/or _____ days'/weeks'/months' supply of the _____ (insert one of the descriptions below) for _____ students.

- Non-sugar sweetened drinks like water, seltzer, unsweetened tea; plain nonfat or 1% low-fat milk; unflavored soy, rice, or almond milk
- Healthy snacks like fresh fruits, bit-sized vegetables, pretzels, whole grain crackers, cheese sticks, sunflower seeds, and yogurt
- Reusable water bottles (BPA-free)
- Small prizes like pencils, stickers, pens, etc.
- Equipment for physical activity like scooters and sports balls
- Bicycles and accessories like bike locks, bike lights, reflectors, etc.

In exchange for your donation, your business will receive:

- Recognition throughout the community
- Publicity on our event welcome table to our entire school population
- Recognition in our school newsletter
- A tax-deductible donation receipt

Walk and Bike to School Day integrates health, fitness, traffic relief, environmental awareness and safety under one event. Students who start their school day with some exercise think more clearly, feel more energized, and be better behaved.

Thank you in advance for supporting the health and happiness of your community. I will call you next week to answer any questions you have about this request. You may also contact me at _____ (your phone number) or _____ (your email address).

Sincerely,

_____ (Your name)

Keys to a successful letter:

- Tailor the letter to the needs of your school
- Print letter on school letterhead
- Be specific! Determine what you would like funds for and ask for it specifically
- Consider listing a specific amount
- Consider asking for product as opposed to money. Food stores may rather donate healthy snacks instead of money

Reference:

<http://www.tamcmonterey.org/wp-content/uploads/2015/09/Bike-to-School-Day-2012-Resource-Guide.pdf>

Tips for Parent Outreach

The National Center for Safe Routes to School suggests involving parents in your school's Walk and Bike to School program. Promoting the Walk and Bike to School program can be a way to recognize those children and families who are already participating and to invite more to join. Families are likely to get engaged if they know of the benefits of walking and biking such as decreased traffic congestion around the school (which leads to improved traffic safety and better air quality), increased activity levels among young people (which helps to reduce obesity and diabetes), and increased neighborhood awareness and security as families and students get know their neighborhood better.

Suggestions promoting Walk and Bike to School Week and its messages include sharing information with families and neighbors through the following means:

1. School newsletter articles
2. Posters at the school
3. Articles in the local community paper
4. Announcements through the PTA
5. School e-mail distribution or website postings
6. Neighborhood association meetings and communications
7. Door-to-door invitations to participate

Other ideas include:

1. Posting announcements on the school marquee
2. Sending flyers home to families
3. Having volunteers distribute flyers about Walk and Bike to School to parents when they drop off their children at school.

Strong communication with parents is an important component to any Walk and Bike to School program. Ultimately, parents decide how their children travel to school so successful parent outreach is important. With parent support and parent volunteers, the school's Walk and Bike to School program will be a success.

Rewarding parents who make a special effort to walk or bike with their child to school is a nice touch. They can be acknowledged with a special treat such as a cup of coffee or juice available from a table set up just for them.



Dear Parents:

I am pleased to announce that our school is participating in Walk and Bike to School Week, **September 30th – October 4th**; this year's theme is *Walk and Roll*. During the week, the school is encouraging students, parents and school staff to walk, bike, or use alternative forms of transportation to get to and from school during this week.

By walking or biking between September 30th – October 4th, you will:

- ✓ Reinforce children's traffic safety skills.
- ✓ Create and maintain safe places for children to walk within their neighborhood, especially on trips to and from school.
- ✓ Identify specific steps people can take to make our community more pedestrian friendly.
- ✓ Promote the fact that children need regular physical activity to stay strong and healthy.
- ✓ Encourage families to have fun and spend time together simply by walking—the easiest way to stay healthy.
- ✓ Remind adults to drive safely in school zones by increasing the number of visible pedestrians or bicyclists.
- ✓ Decrease traffic congestion around schools and improve the air children breath.

Let's all work together to make our community a more child-friendly place to walk and ride. You can help by walking or bicycling to school with your children during the first week in October.

Sincerely,

Principal

If you and/or your children already walk or bike between home and school regularly, this is an event that will acknowledge you for doing so and will encourage your children to keep walking or bicycling safely.

If your child does not walk or bicycle to school this is a great opportunity to do it together. You will become more familiar with the route between home and school, and you can talk together about things you see in the environment. If you and child ride bikes to school don't forget to wear helmets.

If you live too far away to walk to school or have a hazard between your home and the school, then split your trip into two parts. First, drive part way to school. Then, walk the rest of the way with your children. It will be an invaluable learning experience for you.



Estimados Padres de Familias:

Tenemos el placer de anunciar que nuestra escuela estará participando en la semana de Caminar y Andar en Bicicleta a la Escuela, durante el 30 de septiembre a 4 de octubre del 2019, el tema de este año es *Caminar y Rodar (Walk and Roll)*. Durante esta semana, la escuela estará animando a los estudiantes, padres, representantes y personal de la escuela a caminar y andar en la bicicleta o usar otras alternativas de transporte para llegar a la escuela.

Al caminar y andar en la bicicleta durante la semana del 30 de septiembre al 4 de octubre, usted ayudará a:

- Reforzar las habilidades de seguridad vial a su(s) hijo(s).
- Crear y mantener lugares seguros para que los niños puedan caminar dentro de su vecindario, especialmente en su viaje de ida y vuelta a la escuela.
- Identificar acciones que podamos implementar para hacer nuestra comunidad más segura para los peatones.
- Promover el hecho de que los niños necesitan actividad física con regularidad para mantenerse fuertes y saludable.
- Animar a las familias a divertirse y a pasar tiempo juntos mientras caminan. Es una manera más fácil de mantenerse saludable.
- Recordar a los adultos a conducir con seguridad en zonas escolares aumentando el número de peatones o ciclistas visibles.
- Reducir la congestión alrededor de la escuela para mejorar el aire que los niños respiran.

Trabajemos juntos para hacer de nuestra comunidad un lugar seguro para que los niños puedan caminar y andar en bicicleta. Usted puede ayudarnos al caminar o andar en bicicleta con sus hijos durante la semana del 30 de septiembre al 4 de octubre.

Sinceramente,

Director de la Escuela

Si usted y/o sus hijos ya caminan de la casa a la escuela con regularidad, este es un evento le agradecerá y reconocerá por hacerlo. También animará a sus hijos a seguir caminando o andando en bicicleta con seguridad.

Si sus hijos no caminan a la escuela – o no caminan con frecuencia – este evento los ayudará a familiarizarse con la ruta entre su casa y la escuela. Ustedes pueden hablar de los peligros y también de las cosas buenas a lo largo de la ruta a la escuela. Si usted y sus hijos andan en bicicletas a la escuela no se olviden de usar sus cascos.

Si usted vive muy lejos para caminar a la escuela o si existen peligros entre su casa y la escuela, divida el viaje en dos partes. Primero conduzca su automóvil o tome el autobús parte del camino a la escuela. Luego camine el resto del camino con sus hijos. Usted puede aprender mucho al caminar a la escuela con sus hijos.

A few ideas to help you enjoy walking or biking to school

- Always follow the rules of the road. Talk about why traffic safety is important. Wear helmets when riding bikes, and be sure they fit correctly.
- Practice stopping at intersections, looking left, right, front and behind, listening for traffic, and making eye contact with drivers.
- Find all the traffic signs and roadway markings on your route. Talk about what these words and symbols mean.
- Look at people walking, cycling, driving and riding in cars. Talk about ways your child can avoid or minimize dangers along the route, e.g., what to do at driveways, or near parked cars, etc.
- Look around - get to know your neighborhood - the people, buildings, animals, landscaping, etc. on your route.

Contact us to learn more about ways to improve your children's routes to school and your neighborhood's walkability.

California's Safe Routes to Schools Initiative
a program of the California Department of Health Services, with thanks to the California Office of Traffic Safety and the Kids' Plate Program.

Toll free: 1-888-393-0353
Web site: www.dhs.ca.gov/routes2school

10 Good Reasons to Walk or Bike to School



1. It's Fun!

Walking and biking are fun ways to travel. There's so much to see, smell, touch, think and talk about along the way.

2. It's Healthy

Walking and biking are great ways to get fit or to stay strong and healthy. Regular exercise, even 10 minutes at a time, helps your heart, lungs and bones.



3. It's Educational

An active start to the day improves mood, concentration, creativity and problem-solving abilities. (That's true for adults, too!) Education doesn't have to start inside the school gate; children can learn about their neighborhood and become more self-reliant.

4. It's Non-polluting

Walking and biking trips cause no harmful emissions! Also, walkers and cyclists breathe less pollution than people inside an idling or slow moving car.

5. It's Neighborly

Walking enables children and adults to make new friends and get to know their neighbors. Fewer cars outside the school entrance can improve the school's traffic problems, and it is safer for other children who walk.

6. It's Less Stressful

Coordinating drop-off and pick-up schedules and driving in commute traffic can be a hassle for both children and adults.

7. It's a Chance to Teach and Learn Road Skills

Adults get to teach traffic safety and step out from the driver's perspective to get their children's point of view. Children can practice road safety skills before venturing out on their own.

8. It's Convenient

Children who walk or bike can go wherever they need to go, whenever they need to be there - whether it's school, home, the library or ball field.

9. It's Economical

Fewer car trips = lower gasoline costs. Each time you walk or bike instead of use a car you save money on gas and maintenance. When more children walk and bike regularly, schools can save money by having fewer buses.

10. It's Safer

The presence of walkers and cyclists cues drivers to slow their speeds and use caution. Neighborhoods become a place where everyone can safely play, live and travel throughout the week, not just during school commute times.

Algunas ideas para ayudarle a que disfrute caminando o andando en bicicleta a la escuela

- Siempre siga las leyes de tránsito y explíquelo a su(s) hijo(s) por qué la seguridad vial es importante. Use casco cuando ande en bicicleta asegurándose de que le quede bien.
- Practique parando en intersecciones y mirando a la izquierda, derecha, adelante y atrás, prestando atención al sonido del tráfico y haciendo contacto visual con los conductores.
- Encuentre todas las señales de tránsito en su ruta. Hable acerca de lo que estas palabras y símbolos significan.
- Observe la gente que camina, anda en bicicleta y andan en automóvil. Hable con su(s) hijo(s) acerca de la manera en que puede(n) evitar o minimizar los peligros que encuentra en el camino. Por ejemplo, qué hacer en caminos de entrada o cuando hay automóviles estacionados.
- Mire a su alrededor - conozca su vecindario - la gente, los edificios, los animales, la jardinería, etc., que hay en su ruta.

Contáctenos para obtener más información sobre cómo mejorar las rutas que su(s) hijo(s) usan para ir a la escuela y para que su vecindario tenga más facilidad para caminar.

La Iniciativa del Estado de California de Rutas Seguras a la Escuela

Un programa del Departamento de Servicios de Salud del Estado de California, con apoyo de la Oficina de la Seguridad del Tráfico de California y el Programa de Licencias de Automóvil para Niños.

Número gratuito: 1-888-393-0353

Sitio web: www.dhs.ca.gov/routes2school

10 Buenas Razones para Caminar o andar en Bicicleta a la Escuela

1. ¡Es divertido!

¡Caminar y andar en bicicleta son formas divertidas de transitar! Hay muchas cosas para ver, oler, tocar, pensar y hablar en el camino.

2. Es saludable

Caminar y andar en bicicleta son excelentes maneras de mantenerse fuerte y saludable. Cuando hace ejercicio de forma regular, por lo menos a 10 minutos a la vez, usted ayuda a su corazón, pulmones y huesos.



3. Es educacional

Una forma activa de comenzar el día mejora el estado de ánimo, la concentración, la creatividad y las habilidades para resolver problemas. (¡Eso es verdad para los adultos también!) La educación no tiene por qué comenzar dentro del portón de la escuela, los niños pueden aprender acerca de su vecindario y convertirse en seres más independientes.

4. No Contamina el Medio Ambiente

¡El caminar y andar en bicicleta no causan emisiones dañinas! Además, los que caminan y los ciclistas respiran una menor cantidad de aire contaminado que la gente que viaja en un automóvil que está detenido o que se mueve lentamente.

5. Es de Buenos Vecinos

El caminar permite que los niños y adultos hagan nuevos amigos y conozcan a sus vecinos. También, menos automóviles frente a la escuela puede mejorar los problemas de circulación de tránsito de la escuela y haría un lugar más seguro para otros niños que caminan con regularidad.

6. Es Menos Estresante

El coordinar horarios para dejar a los niños a la escuela y recogerlos, y conducir en horarios de mucho tráfico pueden ser una molestia tanto para los niños como para los adultos.

7. Es una Oportunidad para Enseñar y Aprender Habilidades en los Caminos

Los adultos pueden enseñar sobre seguridad vial y salirse de la perspectiva del conductor para obtener el punto de vista de los niños. Los niños pueden practicar habilidades de seguridad vial antes de intentar a andar por su cuenta.

8. Es Conveniente

Los niños que caminan y andan en bicicleta pueden ir a donde sea y cuando sea – si es a la escuela, de regreso a casa, a la biblioteca o al campo de juegos.

9. Es Económico

Menos viajes en automóvil equivalen a menos gastos de gasolina. Cada vez que usted camina o utiliza su bicicleta en lugar del automóvil, usted ahorra dinero de la gasolina y mantenimiento del auto. Cuando hay más niños que caminan y andan en bicicleta regularmente, las escuelas pueden ahorrar dinero teniendo menos autobuses.

10. Es más Seguro

La presencia de gente caminando y de ciclistas dan la noción a los automovilistas de que deben disminuir la velocidad y manejar con prudencia. Los vecindarios se convierten en un lugar donde todos pueden jugar, vivir y viajar durante toda la semana, no solamente a la hora de ir y regresar de la escuela.

USE YOUR HEAD WEAR A HELMET

Getting the Fit Just Right

Bicycling is a fun and healthy way to get around. Before you roll, safety should be your goal!

Wearing a helmet reduces head injuries when riding a bicycle, scooter, skateboard or skates. California law requires anyone under the age of 18 to wear a properly fitted and fastened helmet when doing the above activities. Everyone, including parents, should wear a helmet for every ride. **MAKE IT A HABIT!**

A helmet needs to fit properly to be effective at reducing head injuries in a crash. Follow the four easy steps for the right fit: **SNUG. EYES. EARS. MOUTH.**



SNUG



- Adjust the tension mechanism at the back of the helmet or replace the pad inserts, if available, until the helmet fits snugly around your head.
- If you cannot get a snug fit around your head, your helmet won't protect you in a crash. You may need to purchase a different size helmet and consider one with a tension adjuster.



EYES

- Place your helmet level on your head so you are able to see the helmet rim when you look up.
- There should be no more than two finger-widths between your eyebrows and the rim of the helmet.



EARS

- Adjust the straps so they make a "Y" that meets just below your ears.



MOUTH

- Adjust the chinstrap so that no more than two fingers fit between the strap and your chin while fastened.
- While snug, you should still be able to open your mouth comfortably while fastened.

CHOOSING THE RIGHT HELMET

Below are suggestions for choosing the right type of helmet for popular activities:



Bike Helmet

- Bicycling
- Scootering
- Skating



Multi-Sport Helmet

- Skateboarding
- Scootering
- Skating

TIPS

- Replace your helmet if it has been in a crash or if it is older than 4 years.
- Never buy a used helmet.
- When it's time for a new helmet, bring your child to choose the right style and fit.
- Look for the Consumer Product Safety Commission (CPSC) certification sticker.
- Remove your hat before putting on your helmet.

Now that you know how to properly fit a helmet, wear it on every ride, follow the rules of the road, and have FUN!

Funding for this project is made possible by Santa Clara Valley Transportation Authority (VTA) through the Metropolitan Transportation Commission (MTC).



UTILICE LA CABEZA USE UN CASCO

Cómo ajustar el casco correctamente

¡Andar en bicicleta es divertido y saludable, y una excelente manera de desplazarse. Antes de montar, debe fijarse en la seguridad!

El uso del casco reduce lesiones en la cabeza al andar en bicicleta, patín, patineta o patines. La ley de California exige que toda persona menor de 18 años utilice un casco debidamente ajustado y abrochado al realizar esas actividades. Todos, incluyendo a los padres, deben usar un casco en cada paseo. **¡QUE SEA UN HÁBITO!**

Un casco debe estar bien ajustado para ser eficaz en la reducción de lesiones en la cabeza en un accidente. Siga estos cuatro pasos sencillos para un ajuste correcto: **CEÑIDO. OJOS. OREJAS. BOCA.**



CEÑIDO



- Ajuste el mecanismo de tensión en la parte posterior del casco o reemplace las almohadillas internas, si fueron incluidas, hasta que el casco esté ajustado cómodamente sobre la cabeza.
- Si no puede lograr un ajuste perfecto sobre la cabeza, el casco no le protegerá en caso de accidente. Tal vez necesite comprar un casco de tamaño diferente y considerar uno con un regulador de tensión.



OJOS

- Coloque su casco de manera que esté nivelado sobre la cabeza y usted pueda ver el borde del casco cuando mira hacia arriba.
- No debe hacer más del ancho de dos dedos entre sus cejas y el borde del casco.



OREJAS

- Ajuste las correas de manera que formen una "Y" justo debajo de las orejas.



BOCA

- Ajuste la correa de la barbilla hasta que no entren más de dos dedos entre la correa y su barbilla cuando esté abrochada.
- Aunque el casco esté ceñido, aún así debe permitir que abra la boca cómodamente mientras esté abrochado.

CÓMO ESCOGER EL CASCO CORRECTO

A continuación se presentan algunas sugerencias para elegir el tipo de casco adecuado para actividades populares:



Casco Bicicleta

- Para andar en bici
- Para andar en scooter
- Para andar en patines



Casco Multideportes

- Para andar en patineta
- Para andar en scooter
- Para andar en patines

La financiación de este proyecto es posible gracias a la Santa Clara Valley Transportation Authority (VTA) a través de la Comisión Metropolitana del Transporte (MTC).

SUGERENCIAS

- Reemplace su casco si éste ha sufrido un choque o si tiene más de 4 años.
- Nunca compre un casco usado.
- Cuando sea el momento para un casco nuevo, lleve a su hijo(a) a elegir el estilo y el tamaño correcto.
- Busque la etiqueta de certificación de la Comisión de Seguridad de Productos de Consumo (CPSC).
- Qúitese el sombrero antes de ponerse el casco.

Ahora que ya sabe cómo ponerse el casco correctamente, úselo en cada viaje, siga las reglas de tránsito, ¡y diviértase!



HÃY XỬ DỤNG CẢI ĐẦU ĐỂ ĐỘI MŨ BẢO VỆ

Đội Mũ Bảo Vệ cho Vừa Vận

Đi xe đạp là phương tiện di chuyển thích thú và lành mạnh. Trước khi cho xe lăn bánh, thì mục tiêu phải là sự an toàn cho bạn!

Đội mũ bảo vệ sẽ giảm được chấn thương đầu khi đi xe đạp, xe gắn máy, trượt ván hay trượt băng. Luật California quy định những người dưới 18 tuổi phải đội mũ bảo vệ vừa đúng cỡ và cài dây mũ khi thực hiện các hoạt động trên. Tất cả mọi người, kể cả các phụ huynh đều phải đội mũ bảo vệ mỗi lần đi xe đạp.

HÃY TẬP THÀNH THÓI QUEN

Mũ bảo vệ phải vừa vận thì mới giảm chấn thương đầu một cách hiệu quả trong tai nạn xe. Hãy theo bốn bước đơn giản sau để đội mũ cho vừa vận: **VỪA KHÍT, MẮT, TAI, MIỆNG.**



VỪA KHÍT



- Điều chỉnh sức căng của các quai ở phía sau mũ bảo vệ hoặc thay thế các miếng đệm lót bên trong mũ cho đến khi mũ vừa khít xung quanh đầu của bạn.
- Nếu mũ không vừa khít xung quanh đầu thì mũ sẽ không bảo vệ bạn khi xảy ra tai nạn. Có thể bạn phải mua một cái mũ có cỡ khác và nên nghĩ đến loại mũ có thể điều chỉnh được sức căng.



MẮT

- Đặt mũ trên đầu ở vị trí mà bạn có thể nhìn thấy vành mũ khi nhìn lên.
- Khoảng cách giữa lông mày và vành mũ không được quá bề ngang của hai ngón tay.



TAI

- Điều chỉnh các dây cài để dây tạo thành chữ "Y" ngay dưới hai tai của bạn.



MIỆNG

- Điều chỉnh dây cài dưới cằm để khoảng cách giữa cằm và dây không quá hai ngón tay khi dây đã được cài chặt.
- Khi đội mũ vừa khít, bạn phải vẫn có thể há miệng thoải mái khi dây đã cài chặt.

CHỌN ĐÚNG LOẠI MŨ BẢO VỆ

Dưới đây là những đề nghị để chọn đúng loại mũ bảo vệ cho những hoạt động phổ biến:



Mũ Bảo Vệ cho Xe đạp

- Đi xe đạp
- Đi xe gắn máy
- Trượt Băng



Mũ Bảo Vệ Đa Thể thao

- Trượt Ván
- Đi xe gắn máy
- Trượt Băng

Kính phí cho dự án này được cung cấp bởi Cơ Quan Vận Chuyển Santa Clara Valley (VTA) thông qua Metropolitan Transportation Commission (MTC).

LỜI KHUYÊN

- Thay mũ bảo vệ mới nếu nó đã qua một tai nạn hoặc cũ hơn 4 năm.
- Không bao giờ mua mũ bảo vệ cũ đã qua sử dụng rồi.
- Khi đi mua mũ bảo vệ mới, bạn nên dẫn con theo để chọn đúng kiểu và đúng cỡ cho con của bạn.
- Tìm loại mũ có nhãn chứng nhận của Ủy Ban Sản Phẩm An Toàn cho Người Tiêu Thụ (CPSC).
- Lấy nón ra trước khi đội mũ bảo vệ.

Bây giờ bạn đã biết cách đội mũ bảo vệ thì bạn phải đội mũ mỗi lần đi xe đạp, tuân theo luật giao thông, và chúc bạn VUI VẺ!





Sample Morning Announcements

The following morning announcements can be made over the school's public address system as a means of reminding students and staff about Walk and Bike to School Week.

Monday – September 30th

Today [ABC] Elementary school is kicking off Walk and Bike to School Week! We join 5,000 schools from all 50 states in an effort to increase walking and biking to school. There are four fantastic reasons why everyone should walk or bike to school.

1. Less traffic
2. Less pollution
3. It's healthy
4. It's fun

Don't forget, we want you to be safe, so wear your helmet if you bike. This week, [ABC] Elementary, do your best to *Walk and Roll!*

Tuesday – October 1st

Two of the reasons why everyone should walk or bike to school are because it reduces traffic and it reduces pollution. The less you drive to school and the more you walk, the healthier the environment will be. Did you know that the levels of pollutants inside a car are at least 3 times worse than on the pavement at the side of the street? Do your best to create a healthy environment by *Walking and Rolling!*

Wednesday – October 2nd (International Walk to School Day)

If you walked or biked to school today, congratulations, you joined nearly 4 million people in over 40 countries worldwide who are participating in International Walk to School Day! Millions of kids all over the world walk and bike to school because it's fun, it's good for you, and it's good for the environment! Did you know that in Nigeria, it is the law for motorists and bicyclists to stop for zebras at zebra crossings? Thanks for joining the rest of the world today by *Walking and Rolling!*

Thursday – October 3rd How did you arrive to school this morning? Did you walk or bike? If you did, give yourself a pat on the back. You are helping to keep your body healthy and fit. Did you know that on average, every minute of walking can extend your life by 1.5 to 2 minutes? That means if you walk for 30 minutes you could extend your life by one hour! Stay healthy...keep *Walking and Rolling!*

Friday – October 4th

Today is the last day of Walk and Bike to School Week. I want to commend everyone for doing their best to use their feet to get to school. I hope you had a chance to experience how fun and rewarding walking and biking to school can be. I look forward to seeing more of you walking and biking the rest of the school year. So, continue to be healthy, be safe, and **WALK AND ROLL**

WALK AND BIKE TO SCHOOL STUDENT ARRIVAL AND DEPARTURE TALLY SHEET

Instructions:

Please fill out your information on the top right corner of sheet.

Please ask the following question to your students TWO DAYS this week. Read the possible answers.

Ask students to raise their hand for ONE CHOICE. Count and record the student responses.

At the end of the Week, please turn in your completed form to the Walk & Bike to School Coordinator.

1. "How did you arrive to school today?" Did you _____?

	TUESDAY	WEDNESDAY	THURSDAY
Walk			
Bike			
School Bus			
Ride in Family Car (not carpool)			
Carpool (w/students from other families)			
Transit (Public Bus/ Light Rail)			
Other (Scooter, Skateboard, etc.)			
Total:			

2. "How do you plan to go home after school today?" Will you _____?

	TUESDAY	WEDNESDAY	THURSDAY
Walk			
Bike			
School Bus			
Ride in Family Car (not carpool)			
Carpool (w/students from other families)			
Transit (Public Bus/ Light Rail)			
Other (Scooter, Skateboard, etc.)			
Total:			

Safe Routes to School Students Arrival and Departure Tally Sheet

+ CAPITAL LETTERS ONLY – BLUE OR BLACK INK ONLY +

School Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Teacher's First Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Teacher's Last Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Grade: (PK,K,1,2,3...)

--	--

0 2

Monday's Date (Week count was conducted)

--	--

M M

--	--

D D

--	--	--	--

Y Y Y Y

Number of Students Enrolled in Class:

--	--

1 5

- Please conduct these counts **on two of the following three days Tuesday, Wednesday, or Thursday.** (Three days would provide better data if counted)
- **Please do not conduct these counts on Mondays or Fridays.**
- Before asking your students to raise their hands, please read through all possible answer choices so they will know their choices. Each Student may only answer once.
- Ask your students as a group the question **"How did you arrive at school today?"**
- Then, reread each answer choice and record the number of students that raised their hands for each. **Place just one character or number in each box.**
- Follow the same procedure for the question **"How do you plan to leave for home after school?"**
- You can conduct the counts once per day but during the count please ask students both the school arrival and departure questions.
- Please conduct this count regardless of weather conditions (i.e., ask these questions on rainy days, too).

Step 1.

Fill in the weather conditions and number of students in each class

Step 2.

AM – "How did you arrive at school today?" Record the number of hands for each answer.
PM – "How do you plan to leave for home after school?" Record the number of hands for each answer.

Key	Weather		Student Tally	Walk	Bike	School Bus	Family Vehicle	Carpool	Transit	Other
	S= sunny R= rainy O=overcast SN=snow		Number in class when count made	-	-	-	Only with Children from your family	Riding with children from other families	City bus, subway, etc.	Skate-board, scooter, etc.
Sample AM	S	N	2 0	2	3	8	3		3	1
Sample PM		R	1 9	3	3	8	1	2	2	
Tues. AM										
Tues. PM										
Wed. AM										
Wed. PM										
Thurs. AM										
Thurs. PM										

Please list any disruptions to these counts or any unusual travel conditions to/from the school on the days of the tally.

School Assembly Ideas

A school assembly is a great way to confirm a school's commitment to supporting walking or biking to school. An effective assembly can include performances by school groups or classrooms, presentations by community members, and involvement by local officials. Below is information on the history of Walk and Bike to School Week, reasons to support more kids walking and biking, and talking points for speakers. If you would like additional assistance with a school assembly, contact Traffic Safe Communities Network at 408.793.2730.

Walk and Bike to School Week Background

The first ever Walk to School Week began in 1994 with just a few schools in Great Britain. The United States joined three years later, launching the first American Walk to School events in 1997 in Chicago and Los Angeles. Soon after, a rapidly increasing number of communities in the United States and around the world began to participate in Walk to School, catapulting the first ever International Walk to School Day in 2000. This year, International Walk & Bike to School Day will take place on Wednesday, October 4, 2018, and nearly 4 million people from all 50 states and 42 countries worldwide will participate. In Santa Clara County, over 23,000 students will join schools across the globe and participate in a weeklong celebration of events and activities.

Santa Clara County Walk & Roll partners whose students take part in the week will receive incentives as visual symbols of their participation. Schools are encouraged to chart their students' travel modes on classroom charts. Students can also engage in creative art projects and/or collages of shoes with student's pledges to walk or bicycle to school.

Reasons to support walking and bicycling to school include:

- The growing traffic congestion and dangerous driver behaviors around school grounds has led to increasing concerns about traffic safety around schools. By increasingly moving students and families out of their cars, we will improve traffic safety, air quality around the school community, and the overall health of our students.
- By getting children more active and teaching them healthy behaviors at an early age we can address the growing obesity crisis in Santa Clara County and across our country.
- Recent studies have shown there is a strong relationship between physical fitness and increased academic performance.
- Using alternative transportation like walking and biking is good for the environment and it saves fuel and improves air quality.

SAMPLE TALKING POINTS FOR SPEAKERS

MC (Opening Statement)

- Good Morning (or Good Afternoon). Today is our Walk & Bike to School Week celebration. Our school is joining thousands of schools in the United States and around the world that are walking and bicycling to school this week.
- If you walked or biked to school today, raise your hand and don't put it down. If you parked farther away and walked a few blocks raise your hand and don't put it down. If you want to start walking and biking to school raise your hand and don't put it down. Now, reach back and give yourself a pat on the back because you just did a great thing.
- Today we have many special guests who will tell you why walking/bicycling to school is so important.
- *Introduce - speakers*

Community Leader (e.g. local elected officials, sports figures, visible community members)

PLEASE INCLUDE COMMUNITY SPECIFIC HEALTH AND FITNESS INFORMATION

- There are plenty of great reasons to walk to school - less traffic, safer streets, cleaner air - but one of the best is that children and parents will be healthier. With obesity rates skyrocketing and only one-quarter of Americans able to get the Surgeon General's recommended daily dose of exercise (just 30 minutes), now is the time to start walking and bicycling to school.
- I want to encourage all of you to keep walking and bicycling to school.
- Students, I'd like to congratulate you all for walking and bicycling today and to encourage you to continue to do so throughout the school year.
- Parents and staff, we can all work together to identify safety issues and make needed environmental changes to support bicycle friendly and walk friendly neighborhoods.

School Leaders (e.g. school district representatives)

PLEASE INCLUDE SCHOOL/DISTRICT SPECIFIC HEALTH AND FITNESS INFORMATION

- Most kids aren't getting the exercise they need. Walking or biking to school helps children stay active, healthy and strong, and therefore to learn better in school.
- Almost 1/3 of school children tested in Santa Clara County are overweight and if nothing is done, 1-3 children born today will get Type 2 Diabetes. This may be the first generation that has a shorter life expectancy than their parents.
- Studies show that higher fitness scores are associated with higher achievement in school.

- I want to see our students eat right and stay active because they will do better in school.

Law Enforcement

- We want children to be safe as they walk and bicycle to school. It takes all of us following the traffic laws to make that happen....walkers, bicyclists and drivers.
- Parents...walking your child to school is a great opportunity to help your child learn and practice safe walking skills, like crossing the street at a crosswalk, and looking LEFT - RIGHT - LEFT before crossing. Tell them to make eye contact with drivers before crossing streets and do not cross in the middle of the street between parked cars.
- Also bicyclists, remember to WEAR YOUR HELMET. Here are some other things to keep in mind when riding. Ride on the RIGHT with the flow of traffic. Never ride against traffic. Always obey traffic signs and signals; they apply to bicyclists, just like they apply to motorists.
- Drivers, you can help keep our children safe by keeping a lookout for pedestrians and stopping for pedestrians and bicyclists crossing the street. When dropping off your children, please select a drop off location which is safe.
- We can all work together to create a safer environment for our children by reducing traffic congestion, speed and pollution around our school.

MC (Closing Statement)

- You should have all received your footprint key rings for walking and biking to school. Everyone, please raise your hand again and show me your feet. Attach these to your backpack to show that you are part of the walking and biking program that is taking place at many schools in our community, not just at (XXX) School.
- Walking and bicycling to school is a great way to build connections between families, schools and our community.
- Adults.....raise your hand if you are a parent, staff, teacher or volunteer supporting walking and biking to school. Students, please give them a round of applause.

Once more, I'd like to thank all of the students, parents, teachers and staff for joining those thousands of walkers and bicyclists today, and I'd like to thank the community for their support.

Sustainable Activities for after Walk and Bike to School Day

Many schools use Walk and Bike to School Week as a way to kick-start walking to school activities for the year. Successful schools report the following activities to be effective ways to positively reinforce the idea of walking to school.

Walking Wednesdays

The idea is to designate one day per week (it doesn't have to be Wednesday; it can be Trekking Tuesday or Phys. Ed. Friday) or one day per month as a Walk to School Day. These days can begin after Walk and Bike to School Week and either run as short as 6 weeks or run until the end of the school year. Having Walking Wednesdays means families do not need to make a commitment to walk every day, just on walk to school days, giving them opportunities to slowly break the driving habit and adjust their schedules accordingly.

Walking Wednesdays can be regarded as a spirit day. Some schools even play walking themed music in front of the school to greet children as they arrive in the morning. A sample Walking Playlist is included below. On unannounced days, prizes such as pencils or stickers can be given out to walkers and bikers as a way to recognize their effort.

Successful Walking Wednesday programs have led to community-wide Walking School Buses and Bicycle Trains which further reduced congestion around schools. See the following pages for more information on how to create a Walking School Bus or Bicycle Train.

Walking Playlist

Playing walking themed music during Walk to School activities or in front of the school as children arrive in the morning can create a festive atmosphere indicating that the day is a special occasion. A sample playlist is included below:

1. Walking on Sunshine- Katrina & The Waves
2. Walk Like An Egyptian- The Bangles
3. I Walk the Line- Johnny Cash
4. Walking in a Winter Wonderland
5. Walk this Way- Aerosmith
6. Walking on the Sun- Smashmouth
7. Walk Like a Man- Frankie Valli
8. These Boots are Made for Walking- Nancy Sinatra



THE WALKING SCHOOL BUS

A Walking School Bus – sometimes referred to as a Walk Pool– is when adult volunteers take turns leading a small group of neighborhood children to or from school. The watchful eye of an adult can provide a safer environment and allows children to reap the benefits of walking regularly.

.....

A Walking School Bus has many benefits:

- It increases supervision, safety – and fun! – for students who already walk.
- It permits additional students to walk, introducing them to an important and easy habit.
- It reduces auto traffic, particularly near schools during drop-off and pick-up times.
- It creates a sense of community by getting neighbors to take turns as bus “drivers.”

5 steps to start a Walking School Bus

1. Form a working group

Invite parents, students, the school principal, teachers and local businesses to explore options – routes, coordinators, resources, and sponsors.

2. Recruit walking school bus “drivers”

Ask neighbors and families of students to take a turn as a volunteer in the mornings or afternoons.

3. Organize the walking school bus drivers

Work out a regular schedule among the drivers; determine who can walk with the students and when. Create back-up plans with substitute drivers.

4. Designate walking school bus routes

Many parents already know how best to get around their neighborhood on foot, but in some instances routes may need to be mapped out. Work with the police department and the school to determine the safest routes.

5. Promote the walking school bus

Once the drivers and routes are set, let everyone in the neighborhood know about the project. More walking school buses will create safer, healthier children and communities.



Adapted by CA Walk to School Day Headquarters from: National Highway and Transportation Safety Administration, June 2001

See SRTS Coordinator Manual for more information on how to organize a Walking School Bus.

THE BICYCLE TRAIN

Bicycle trains share the same idea as the Walking School Bus. Adult volunteers take turns leading a small group of neighborhood children to or from school by bike. The watchful eye of an adult can provide a safer environment and allows children to reap the benefits of biking regularly.

.....

A Bicycle Train has many benefits:

- It increases supervision, safety – and fun! – for students who already bike.
- It permits additional students to bike, helping them to an important and easy habit.
- It reduces auto traffic, particularly near schools during drop-off and pick-up times.
- It creates a sense of community as neighbors take turns as train “conductors”.

Like Walking School Buses, Bicycle Trains require a team of parents and family members who will volunteer in the mornings or afternoons. Work out a schedule so that volunteers can rotate to be turns as train “engineers”. In addition, always travel on a predetermined safe route.

Special considerations for Bicycle Trains:

1. Age

Bicycle trains are best suited for older elementary school students.

2. Rules of the road

Students need to learn the rules of the road and know bike safety rules prior to riding in the street. Hold a workshop on bike safety before the event to teach bicycle safety rules.

3. Visibility

Have the Conductors and Cabooses wear brightly colored vests or shirts so the group is highly visible to motorists.

4. Helmets

Helmets must be mandatory for everyone participating in the Bicycle Train. Engineers, be a good role model and wear your helmet!

5. Smaller parent/student ratio

Compared to the Walking School Bus, the Bicycle Train requires a smaller parent to student ratio because more attention is needed on each student to ensure their safety.

Adapted by CA Walk to School Day Headquarters from: Nat'l Highway and Transportation Safety Admin, June 2001.

See SRTS Coordinator Manual for more information on how to organize Bicycle Trains.



Classroom Activity Suggestions

Encourage walking and bicycling by incorporating related topics into classroom activities. The following are just a few examples.

Art

- Create posters promoting Walk and Bike to School Week, safe driving, or safe bicycling and walking messages.
- Create a shoe collage (directions and template included in Toolkit pg. 39).

Biology

- Look for plant or animal species, or inventory native plant species along walking routes. Catalogue seasonal changes in the flora and fauna.

English

- Compose Acrostic poems from the words SCHOOL, WALK, and BIKE. Have the theme be about Walk and Bike to School Week.
- Write press releases and public service announcements to promote Walk to School Day. Write essays or keep a diary about walking and biking experiences.

History

- Walk to historical locations in the community and study their significance.

Social Sciences

- Photograph important things about the community observed while walking or biking to school. Is there anything that could be changed? What can be done about it?

Mathematics

- Keep logs of walking time or steps, compare progress to other students, set daily goals, compete against other classes in a Challenge Hike across the USA, <http://www.peclogit.org/logit.asp>.

Health

- Measure walking or biking time accumulated by students; study health benefits of physical activity. Use pedometers to measure steps.

Geography, Mapping

- With a map of your school's neighborhood, locate and color your school. Draw in and label any other places that you think are important in your neighborhood (such as a public library, a community center, store, etc.) Then, locate your home and map the route you take to school, using highlighter or marker.

Optional: As a class, create a key and map legend, agreeing upon symbols to designate parks, safe places, etc. Trace routes to school with a solid line=walking, dotted line=biking, etc. (adapted from Oakland Pedestrian Safety Project).

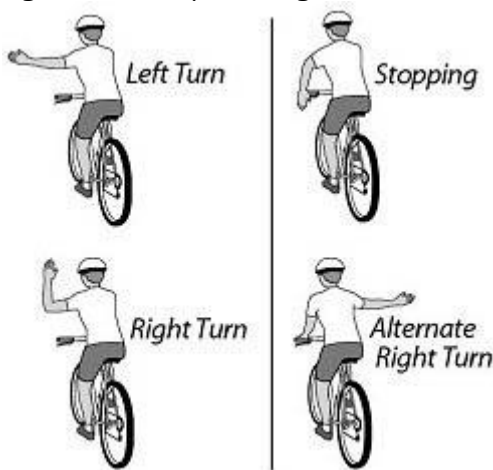
Using your map to school, write or give directions to school or library using cardinal directions: north, south, east, west. (Ex: Go west on Main St. for four blocks.) (adapted from Oakland Pedestrian Safety Project).

- October is International Walk to School Month

Learn about countries that are participating in International Walk to School Day. Take a look at the list of countries participating in International Walk to School Day, www.iwalktoschool.org/whoswalking/.

Physical Education

- Play a "Simon says" type game, incorporating bike hand signals.



Environment

- Demonstrate Air Pollution and Discuss the Causes: Choose two locations. One should be on a busy street; the other as far from a busy street as possible. Students should find either a holly, bay or evergreen tree as long it's the same species throughout the experiment and has a sturdy leaf structure. At each location they should:
 - ❖ Stick some strips of adhesive tape onto two or three leaves at different sides of the plant and press them down lightly.

- ❖ Immediately remove the strips of tape taking care not to remove the surface of the leaf.
- ❖ Stick tape onto their recording sheets, noting the locations of the tape.
- ❖ Back in class, discuss the darkness of pollution on the record sheets. Are the roadside ones darker than the ones farthest from the road? Why?
- ❖ Display the results and discuss how pollution affects our lives. (from NHTSA SRTS).

Computers, Internet

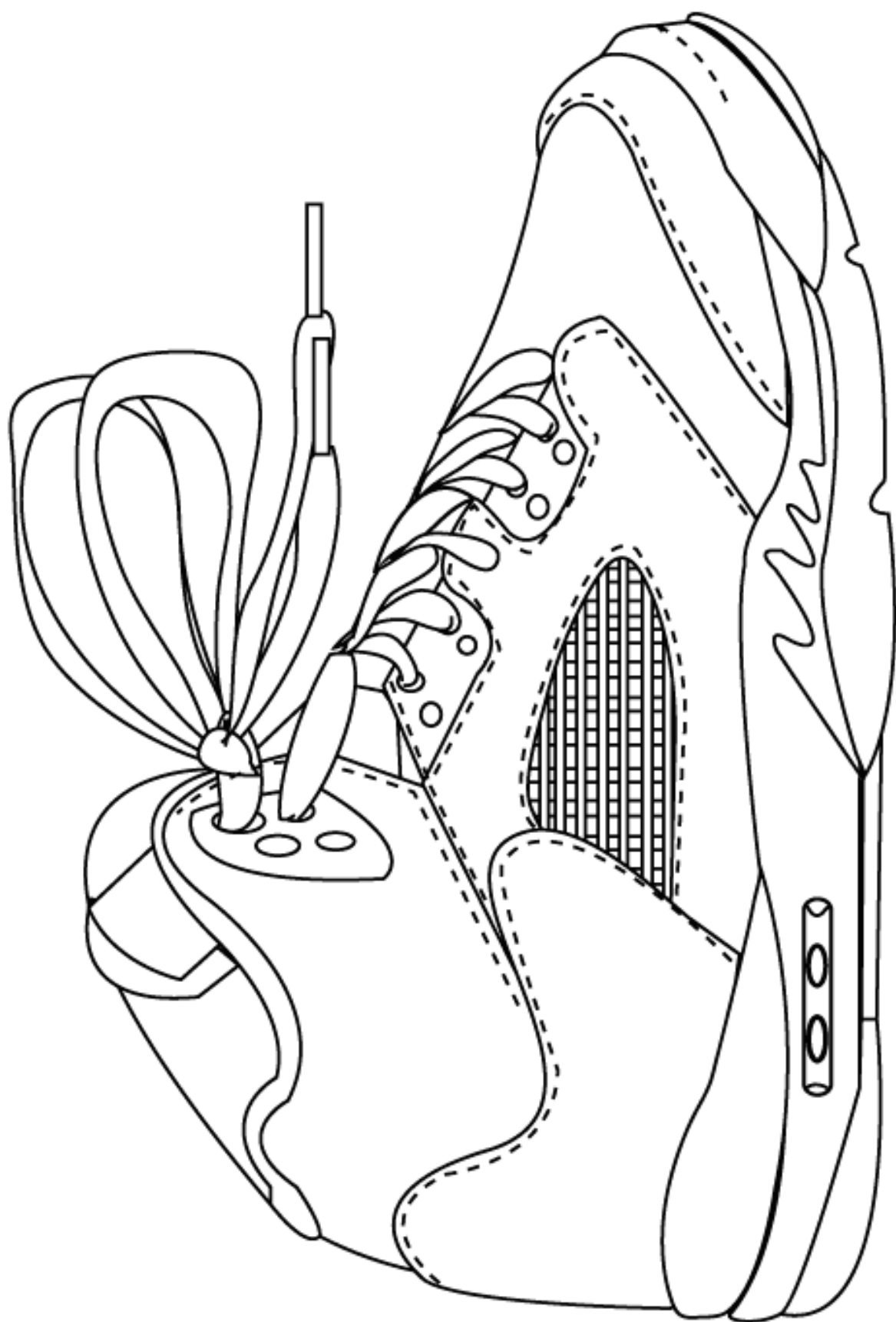
- Search the Internet for bicycle and pedestrian safety websites such as:
 - ❖ San Jose Street Smarts' [Street Smarts Kidz Zone](#) helps students become transportation safety experts by playing games, taking a traffic safety pledge, and earning a Safety Expert Badge.
- Link your school with a school in the United Kingdom
 - ❖ The United Kingdom's London Borough of Bromley is to establish a "sister school" program, linking schools in Bromley with those in California that are participating in walk to school events. If your school is interested in participating, contact Louise French in Bromley at Louise.French@bromley.gov.uk.

Shoe Collage Instructions

A display of hundreds of feet across the school will serve as a visual reminder to students, parents, staff and the entire school community that our school is committed to getting more students and families using alternative means of transportation to get to school. Besides being good for the environment, walking/biking improves the health and well-being of children by getting them more physically active.

To show your support of *Walk & Bike to School Week*, complete the display before or during *Walk & Bike to School Week*. Included are colored templates for the display. All that needs to be done is to have students write their name and reason why they should walk or bike on the shoes. Have students cut out the shoes and post them by your classroom for everyone to see.





Biking-Related Trivia Questions









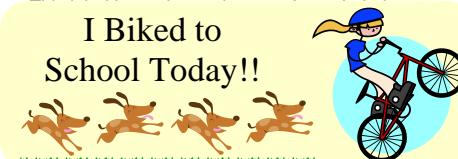


















The following questions can be used as a game throughout the week. The questions can also be asked just for fun during morning announcements.

1. A person who rides a bike is called what?
Bicyclist or cyclist
2. Who holds the world record for biking 152.2 mph in 1985?
John Howard, Olympic cyclist & Ironman triathlon winner
3. Who is credited with inventing the real bicycle in 1840?
Kirkpatrick MacMillan
4. What is a five seat bicycle called?
Quindem
5. How many bicycles are used in China on a daily basis?
400 million
6. How many bicycle riders are there in the United States?
85 million
7. How many calories does the average person burn while biking one hour?
500-600 calories
8. When children are taught to ride a bike, what is used to help them stay balanced?
Training wheels
9. According to Guinness World Records, how long is the longest bicycle in the world?
92 ft. 2in.

Walking-Related Trivia Questions

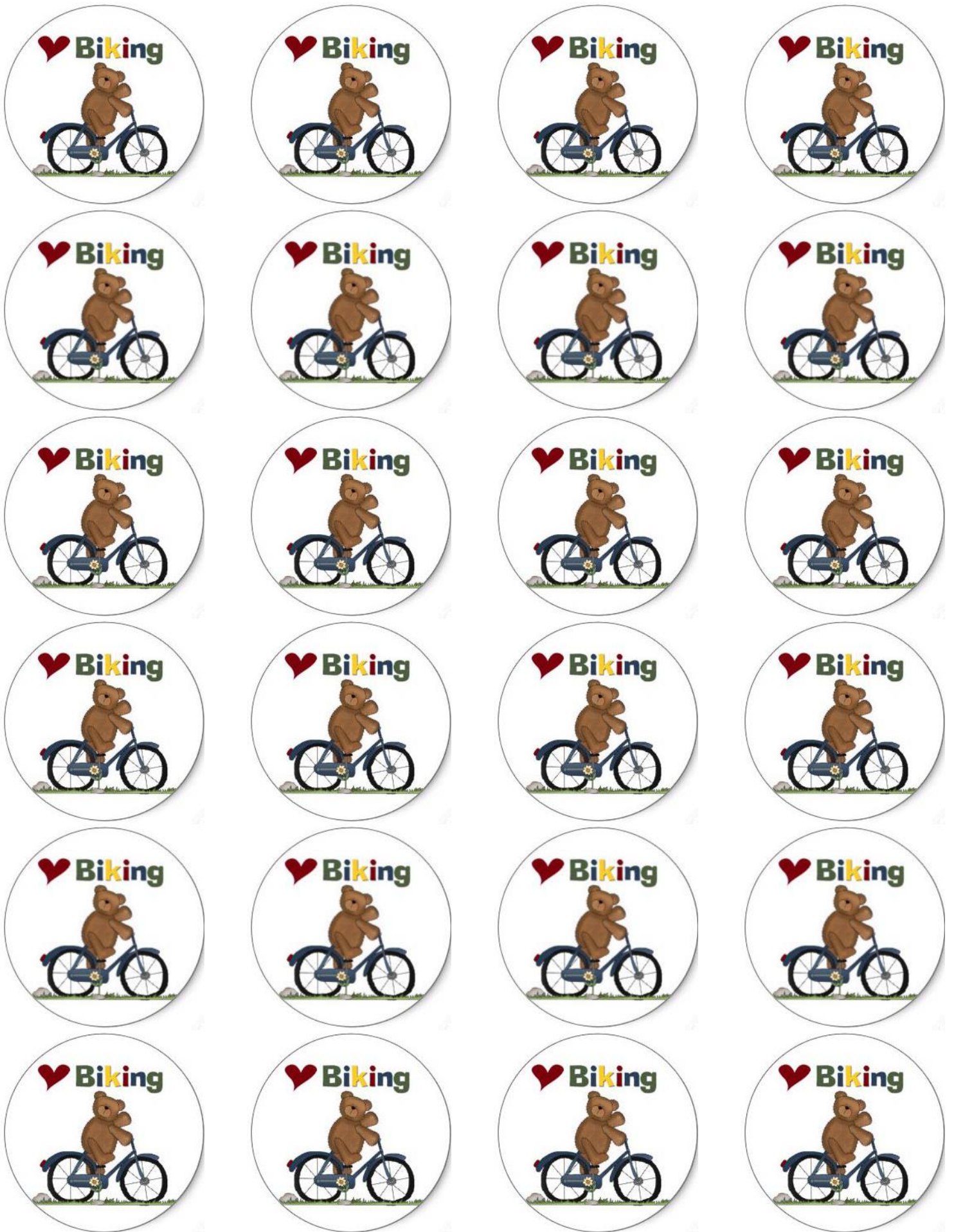
The following questions can be used as a game throughout the week. The questions can also be asked just for fun during morning announcements.

1. The Nile River is 4,160 miles long and flows thru 9 countries: Uganda, Egypt, Sudan, Ethiopia, Zaire, Kenya, Tanzania, Rwanda, & Burundi. If you walked 25 miles per day, how long would it take to walk the length of the Nile?
It would take 167 days.
2. What type of insect can walk on water?
The water strider.
3. What is the scientific term of walking on two legs called?
It is called bipedalism.
4. What is the average walking speed of a human?
3 to 4 mph
5. What is the purpose of a pedometer?
To count each step a person takes
6. What is the most popular outdoor recreational activity in the United Kingdom?
Walking
7. How many laps must you walk on a track to equal a mile?
4 laps
8. Animals that walk on four legs are called what?
Quadrupeds
9. According to the Guinness World Records, who holds the record for the person with the biggest feet in the world?
Robert Wadlow, whose feet were 47cm & wore size 37 shoes.

<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 	<p>I Biked to School Today!!</p> 
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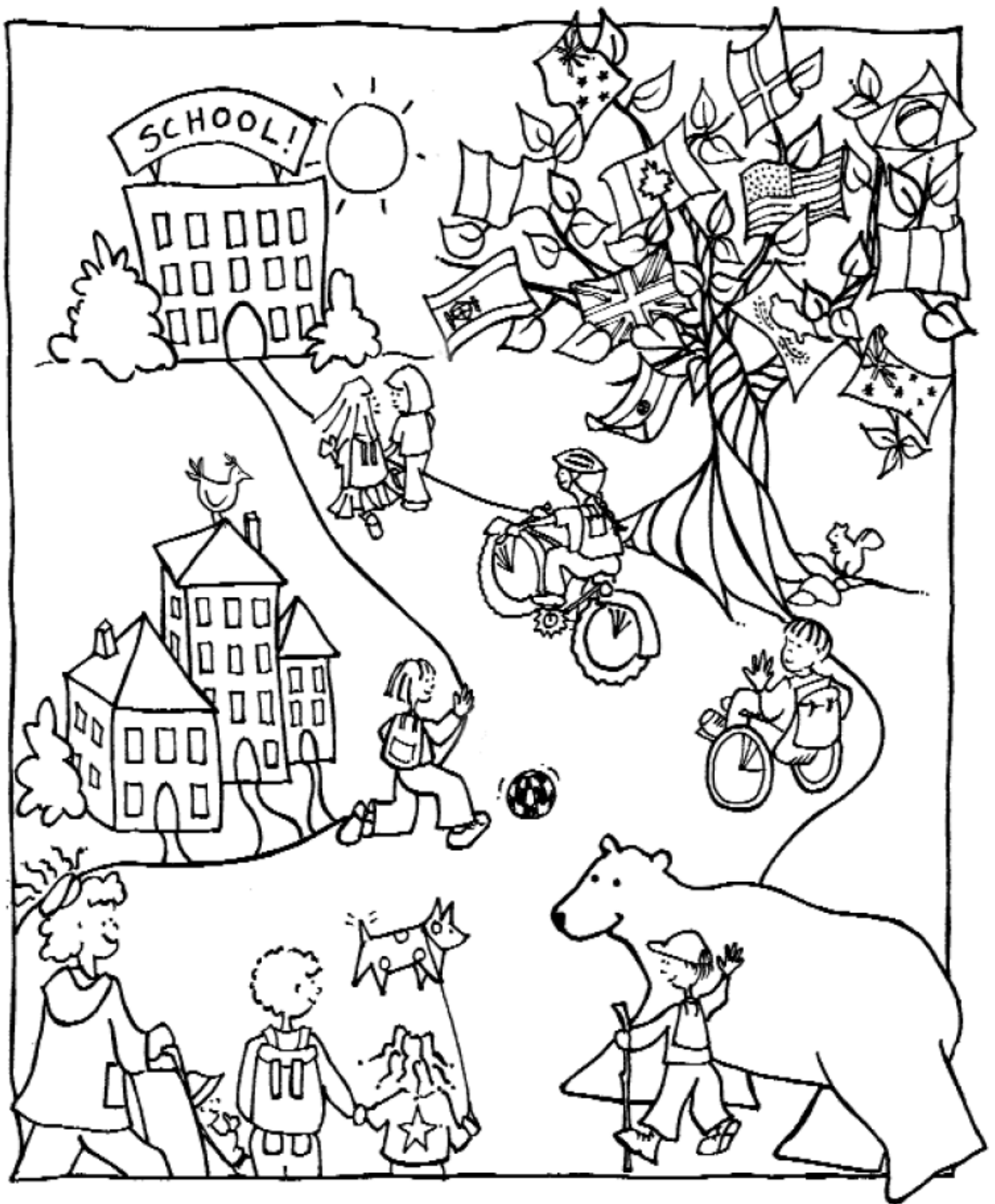
This label is ready to print onto Avery Label #5160.

This label is ready to print onto Avery Label #5160.









It's Really Cool to Walk to School!



Word Find

W	F	G	R	B	F	R	I	E	N	D	S	E	A	L
O	S	B	D	S	S	C	D	T	P	N	S	C	N	M
F	E	I	D	E	S	I	T	E	S	E	C	S	X	O
P	Z	K	N	Q	S	I	T	Y	T	E	M	L	E	H
K	W	E	P	T	A	M	E	U	F	V	V	G	K	E
J	I	W	U	A	E	E	O	L	W	O	R	L	D	A
N	U	O	U	B	N	R	S	E	A	C	M	I	T	L
E	W	D	C	B	V	N	N	S	O	A	D	S	P	T
W	S	F	V	D	I	L	E	A	C	D	C	N	U	H
A	R	G	A	Q	R	B	F	A	T	H	C	F	G	V
L	N	T	F	Q	O	V	S	C	O	I	R	V	F	E
K	I	D	S	A	N	H	A	O	B	Y	O	D	A	P
S	E	B	E	P	M	S	L	B	E	C	S	N	A	E
J	O	R	D	R	E	I	A	I	R	F	S	P	A	O
Y	C	A	F	H	N	Y	L	N	E	B	W	S	C	L
S	W	S	K	A	T	E	H	Y	S	H	A	H	T	X
C	X	G	I	E	S	K	D	E	A	S	L	E	I	K
G	A	V	F	K	F	R	O	S	B	I	K	S	V	R
E	M	A	P	C	S	I	D	E	W	A	L	K	E	J
Q	S	E	I	D	O	V	O	P	I	U	Y	F	S	G

WALK	BIKE	SAFETY	ENVIRONMENT	ACTIVE
KIDS	HEALTH	AIR	CROSSWALK	FRIENDS
OCTOBER	WORLD	SKATE	INTERNATIONAL	ROUTES
FAMILY	OUTSIDE	SCHOOL	HELMET	SIDEWALK

Find each of the words in the puzzle above. Words may be forwards, backwards, vertical, horizontal or diagonal.

www.walktoschool.org



Word Find

Answer Key

W	F	G	R	B	F	R	I	E	N	D	S	E	A	L
O	S	B	D	S	S	C	D	T	P	N	S	C	N	M
F	E	I	D	E	S	I	T	E	S	E	C	S	X	O
P	Z	K	N	Q	S	I	T	Y	T	E	M	L	E	H
K	W	E	P	T	A	M	E	U	F	V	V	G	K	E
J	I	W	U	A	E	E	O	L	W	O	R	L	D	A
N	U	O	U	B	N	R	S	E	A	C	M	I	T	L
E	W	D	C	B	V	N	N	S	O	A	D	S	P	T
W	S	F	V	D	I	L	E	A	C	D	C	N	U	H
A	R	G	A	Q	R	B	F	A	T	H	C	F	G	V
L	N	T	F	Q	O	V	S	C	O	I	R	V	F	E
K	I	D	S	A	N	H	A	O	B	Y	O	D	A	P
S	E	B	E	P	M	S	L	B	E	C	S	N	A	E
J	O	R	D	R	E	I	A	I	R	F	S	P	A	O
Y	C	A	F	H	N	Y	L	N	E	B	W	S	C	L
S	W	S	K	A	T	E	H	Y	S	H	A	H	T	X
C	X	G	I	E	S	K	D	E	A	S	L	E	I	K
G	A	V	F	K	F	R	O	S	B	I	K	S	V	R
E	M	A	P	C	S	I	D	E	W	A	L	K	E	J
Q	S	E	I	D	O	V	O	P	I	U	Y	F	S	G

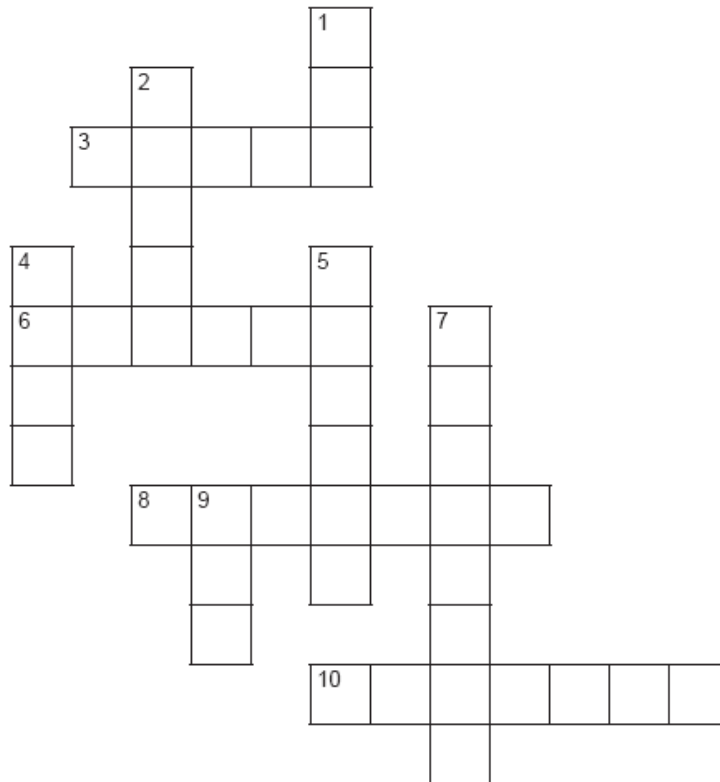
WALK	BIKE	SAFETY	ENVIRONMENT	ACTIVE
KIDS	HEALTH	AIR	CROSSWALK	FRIENDS
OCTOBER	WORLD	SKATE	INTERNATIONAL	ROUTES
FAMILY	OUTSIDE	SCHOOL	HELMET	SIDEWALK

Find each of the words in the puzzle above. Words may be forwards, backwards, vertical, horizontal or diagonal.

www.walktoschool.org



Crossword



Word Bank:

walk
right
October
active
students
helmet
signs
run
friends
bus

Across

3. Obey traffic _____ and signals.
6. Instead of sitting at home, walking helps kids be _____.
8. Walking to school is a chance to spend time with your family and _____.
10. International Walk to School Day takes place in the month of _____.

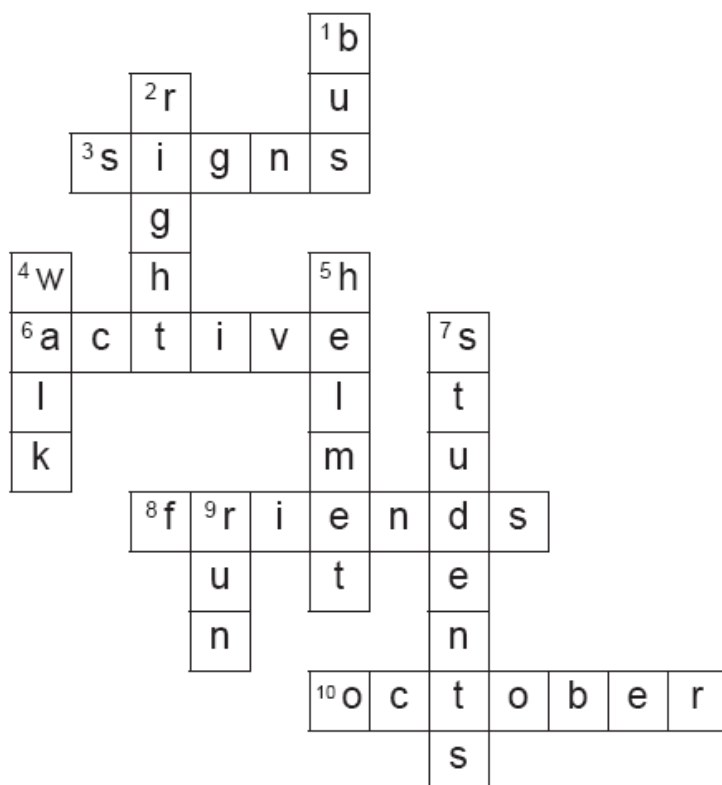
Down

1. Walk to school instead of riding in a car or _____.
2. When crossing the street, look left, _____ and left again for traffic.
4. _____ or bike to school for International Walk to School Day!
5. When riding your bicycle, always wear a _____.
7. Teachers and _____ can walk during lunch.
9. Walk, don't _____ across the street.



Crossword

Answer Key



Across

3. Obey traffic _____ and signals.
6. Instead of sitting at home, walking helps kids be _____.
8. Walking to school is a chance to spend time with your family and _____.
10. International Walk to School Day takes place in the month of _____.

Down

1. Walk to school instead of riding in a car or _____.
2. When crossing the street, look left, _____ and left again for traffic.
4. _____ or bike to school for International Walk to School Day!
5. When riding your bicycle, always wear a _____.
7. Teachers and _____ can walk during lunch.
9. Walk, don't _____ across the street.

www.walktoschool.org

Name _____

WHAT'S SAFE?

Instructions:

For each pair of pictures, circle the picture that shows safe behavior.

1.



2.



3.



4.



5.



NAME: _____

STUDENT WORKSHEET

SAFETY SHAPES

Instructions:

Listen carefully to your teacher's directions about what to do for each picture.

1. Count the sides on the stop sign. Write that number next to the stop sign.
2. Put a square around the crosswalk.
3. Draw a line under the bike helmet.
4. Color in the middle circle of the stoplight.
5. Draw a triangle above the bike.
6. Circle the crossing guard.



NAME: _____

STUDENT WORKSHEET

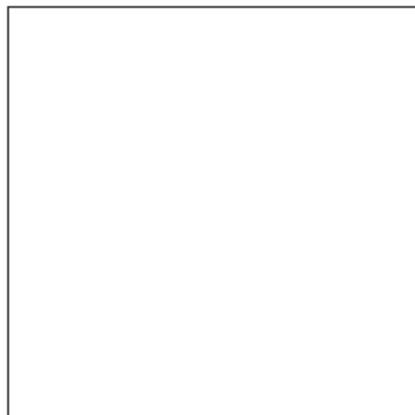
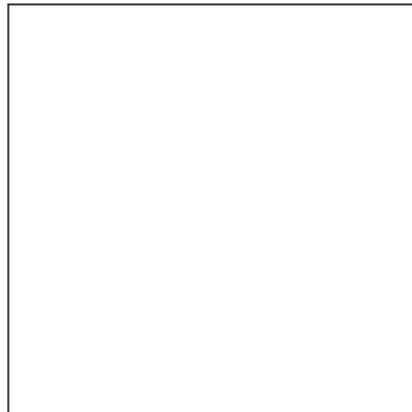
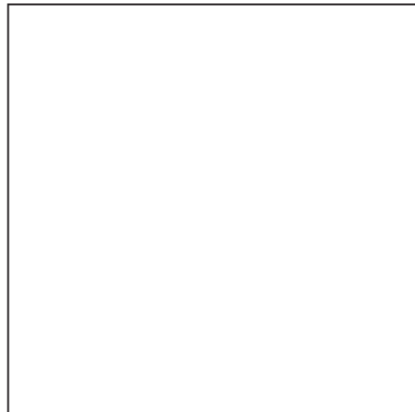
DRAW THE STORY!

Instructions:

1. Read the story.
2. Use the squares to draw pictures that tell what's happening in the story.

A FUN WALK

On her way to school, Ann met James. Ann and James pointed to a bluebird in a tree. Ann asked the bluebird to sing. The song was pretty. Ann and James got to school on time and were glad to start the day.



NAME: _____

STUDENT WORKSHEET

COMPLETE THE STORY

Instructions:

Use the word bank to fill in the blanks in the story.

Riding a _____ is Omar's favorite thing. He _____
being in the sun and looking at the animals outside. Omar always wears his bike
_____ because it keeps him _____. Bike riding helps
Omar stay slim and _____.

Word Bank:

likes bike safe healthy helmet



TEACHER'S KEY:

COMPLETE THE STORY

Instructions:

Use the word bank to fill in the blanks in the story.

Riding a bike is Omar's favorite thing. He likes being in the sun and looking at the animals outside. Omar always wears his bike helmet because it keeps him safe. Bike riding helps Omar stay slim and healthy.

Word Bank:

likes bike safe healthy helmet

NAME: _____

STUDENT WORKSHEET

UNLOCK THE CODE!

Instructions:

Fill in the blanks with the correct answers. Notice that one of the letters in each word has a number beneath it. Put that letter in the correct space at the bottom of the page to decode a special safety message!

1. Always be _____ when crossing streets.
1
2. Be sure to wait for the _____ to turn green before you cross.
2
3. When you're biking, wear your _____ properly.
3
4. A nice _____ to school will energize you for the whole day!
4
5. _____ is a great way to wheel your way around town.
5
6. A great way to stay healthy is with a balanced _____.
6
7. Be sure to _____ at the big red octagon sign.
7
8. Don't ever let a friend _____ on your handlebars.
8
9. When you're biking, be sure to _____ before you turn.
9
10. _____ a walking/biking plan with your parents.
10

Special Safety Message:

Biking and walking to school every day keeps you:

1 2 3 4 5 6 7 8 9 10

TEACHER'S KEY:

UNLOCK THE CODE!

Instructions:

Fill in the blanks with the correct answers. Notice that one of the letters in each word has a number beneath it. Put that letter in the correct space at the bottom of the page to decode a special safety message!

1. Always be c a r e f u l when crossing streets.
2. Be sure to wait for the l i g h t to turn green before you cross.
3. When you're biking, wear your h e l m e t properly.
4. A nice w a l k to school will energize you for the whole day!
5. b i k i n g is a great way to wheel your way around town.
6. A great way to stay healthy is with a balanced d i e t.
7. Be sure to s t o p at the big red octagon sign.
8. Don't ever let a friend r i d e on your handlebars.
9. When you're biking, be sure to s i g n a l before you turn.
10. m a k e a walking/biking plan with your parents.

Special Safety Message:

Biking and walking to school every day keeps you:

<u>f</u>	<u>i</u>	<u>t</u>	<u>a</u>	<u>n</u>	<u>d</u>	<u>t</u>	<u>r</u>	<u>i</u>	<u>m</u>
1	2	3	4	5	6	7	8	9	10

BICYCLE SAFETY BASICS

Instructions:

Read the following passage about bicycle safety and then answer the questions below.

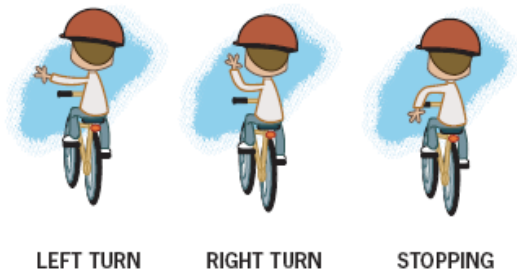
SMART BIKING

Safe behavior is very important for bicyclists. When you're riding in an area where there are cars, there is always the danger of an accident. Knowing the rules of bicycle safety can keep you from getting hurt.

One way to ensure your safety while biking is to always wear a certified bike helmet. Make sure the helmet is on properly. It should sit on your head parallel to the ground. Helmets should never tip too far back or too far forward. The helmet straps should form a "V" shape around each ear.

A second smart biking tactic is to be visible to drivers. Your bike should have reflectors so drivers can see you at night. Try not to bike alone. Two bikes are easier to see than one.

The last way to bike safely around motorists is to ride predictably. Drivers should always know that you're going to do next. One way to ride predictably is not to make any sudden changes in your course. Another way to ride predictably is to use hand signals. See the picture below to learn how you can signal to drivers so they'll always know your next move.



Now that you know some smart biking tips, be sure to use them to stay safe next time you're on your bike.

<<< Continue on the next page. >>>



NAME: _____

STUDENT WORKSHEET

Questions:

1. Why is it important to know the rules of bike safety?
2. What is the proper way to wear a bike helmet?
3. Why are reflectors important?
4. What are two ways to ride predictably?

FEEL THE BURN!

Instructions:

Based on the facts presented, solve the problems below. Round your answer to two decimal places.

Fact: A calorie is a measurement of energy. Calories are burned through physical exercise. Calories are consumed from food.

Fact: In order to lose weight, you must burn more calories than you consume.

Fact: 3,500 calories = 1 pound. If you burn 3,500 calories, you lose a pound. If you consume 3,500 calories, you gain a pound.

PROBLEM 1: ANGIE

Angie walked to and from school all five school days this week. She also played soccer at recess three days this week and played basketball on the other two school days and on Saturday and Sunday. Angie burned a total of 2,200 calories on the days she played basketball, and 2,500 calories on the days she played soccer. Each day, Angie consumed 1,800 calories.

A) How many calories did Angie consume this week?

B) How many calories did Angie burn this week?

C) Did Angie gain or lose weight? How much?

NAME: _____

STUDENT WORKSHEET

PROBLEM 2: ROBERT

Robert rode his bike to and from school twice this week. His parents drove him three days. On the days he biked, Robert played softball with friends after school. When he got a ride, he played computer games. On the weekend, Robert went hiking with his father one day and played on his computer one day. On the days that Robert played computer games, he burned 1,800 calories. On the days he played softball, he burned 2,500 calories. On the day he went hiking, he burned 2,800 calories. Each weekday, Robert consumed 2,200 calories. On the weekend, he consumed 2,500 calories each day.

- A) How many calories did Robert consume this week?
- B) How many calories did Robert burn this week?
- C) Did Robert gain or lose weight? How much?

PROBLEM 3: COMPARISON

- A) In a 40-week school year, how much will Robert have gained?
- B) In a 40-week school year, how much will Angie have lost?
- C) What can Robert learn from Angie?

TEACHER'S KEY:

FEEL THE BURN

Fact: A calorie is a measurement of energy. Calories are burned through physical exercise. Calories are consumed from food.

Fact: In order to lose weight, you must burn more calories than you consume.

Fact: 3,500 calories = 1 pound. If you burn 3,500 calories, you lose a pound. If you consume 3,500 calories, you gain a pound.

Problem 1: Angie

Angie walked to and from school all five school days this week. She also played soccer at recess three days this week and played basketball on the other two school days and on Saturday and Sunday. Angie burned a total of 2,200 calories on the days she played basketball, and 2,500 calories on the days she played soccer. Each day, Angie consumed 1,800 calories.

A) How many calories did Angie consume this week?

12,600

B) How many calories did Angie burn this week?

16,300

C) Did Angie gain or lose weight? How much?

Angie lost. By burning 3,700 calories, Angie lost 1.06 pounds.

Problem 2: Robert

Robert rode his bike to and from school twice this week. His parents drove him three days. On the days he biked, Robert played softball with friends after school. When he got a ride, he played computer games. On the weekend, Robert went hiking with his father one day and played on his computer one day. On the days that Robert played computer games, he burned 1,800 calories. On the days he played softball, he burned 2,500 calories. On the day he went hiking, he burned 2,800 calories. Each weekday, Robert consumed 2,200 calories. On the weekend, he consumed 2,500 calories each day.

A) How many calories did Robert consume this week?

16,000

B) How many calories did Robert burn this week?

15,000

C) Did Robert gain or lose weight? How much?

Robert consumed more calories than he burned, so he gained 0.29 pounds.

Problem 3: Comparison

A) In a 40-week school year, how much will Robert have gained?

11.6 pounds

B) In a 40-week school year, how much will Angie have lost?

42.4 pounds

C) What can Robert learn from Angie?

Consuming fewer calories and being more active is the only way to lose weight!

Music - *Walk & Bike to School Is Cool*

Have students learn the lyrics to the song *Walk & Bike to School Is Cool* for an assembly. It can be played to the tune of One Direction's song *What Makes You Beautiful*.

Let's ride our bikes
Let's take a hike
You're working out when you walk through the door
Don't need no car
To go that far
Walking that way up to school can be really cool

Everyone else at the school can see it
Everyone else but you

Riding your bike out to school can be really fun
Or you can walk with your friends and get lots of sun
And when you go cross the street just look left and right
Did you know
Oh oh
Walk and bike to school is cool

If only you can look left and right
You'll understand why I want you to cross safely
And if you ride on your bike put a helmet on
So you're safe
Oh oh
Walk and bike to school is cool
Oh oh
Walk and bike to school is cool

So c-come on
Get on your bike
To play it safe I'll make sure to have a helmet on
Let's cross the street
Let's use our feet
And walk across when the light flashes to go-oh-oh

Everyone else at the school can see it
Everyone else but you

Riding your bike out to school can be really fun
Or you can walk with your friends and get lots of sun
And when you go cross the street just look left and right
Did you know
Oh oh
Walk and bike to school is cool

If only you can look left and right
You'll understand why I want you to cross safely
And if you ride on your bike put a helmet on
So you're safe
Oh oh
Walk and bike to school is cool
Oh oh
Walk and bike to school is cool

[Bridge]
Nana Nana Nana Nana
Nana Nana Nana Nana
Nana Nana Nana Nana

Lyrics by Jason Gubuan