



January 12, 2012  
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## **Safe Routes to School Conference features Dan Kupsky to speak on Stranger Danger and Safety**

SHASTA COUNTY – Shasta Safe Routes to School is sponsoring a free workshop on Thursday, January 26, 4:00 -7:30 pm at Cypress School. This interactive workshop will cover best practices and creative models for getting more kids safely walking and biking to school more often. Participants will also learn about local resources and the five E's of successful Safe Routes to School efforts. Parents, school officials, teachers, community members and walking and biking advocates are encouraged to attend.

The workshop will feature several topics and speakers including Dan Kupsky, retired law enforcement officer to speak on stranger danger and keeping kids safe while walking to school, a panel of parents and school officials highlighting how to coordinate a fun and successful Walk to School Day, and students from Anderson Middle School sharing innovative projects they've done to help students walk and bike to school safely. Officer Elaine Cochran from the Redding Police Department will also provide a training to participants on how to use the Safe Move City pedestrian safety equipment.

The goal of the Safe Routes to School Program is to make walking and biking to school safer, easier, and more convenient. "Walking and biking to school is a great way for children to get exercise before starting their school day, making them more prepared to learn and concentrate when they arrive at school. Walking and cycling also reduces the number of cars around the school area, making it safer for even more children to walk or bike," said Sara Sundquist, Safe Routes to School Program Coordinator.

The Safe Routes to School Program is also sponsoring an American League of Bicyclists Traffic 101 Smart Cycling course on Saturday, January 28 at Cypress School. Course includes bicycle maintenance basics, crash avoidance techniques, and on-street practice. Participants should bring their bicycles and helmets and will receive lunch, a manual, and a certificate of completion.

Registration deadline for both workshops is January 20. For more information or to register for workshops, call Sara Sundquist at 245-6457 or [www.healthyshasta.org](http://www.healthyshasta.org)

*Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play. Visit [www.healthyshasta.org](http://www.healthyshasta.org) for more information.*

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County HEAC

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City of Shasta Lake

County of Shasta

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