



Shasta County Schools to Celebrate Walk to School Day

Anderson Partnership for
Healthy Children/South
County HEAC

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical
Center

Redding Rancheria

Redding School District

Shasta College

Shasta County Office of
Education

Shasta County RTPA

Shasta Family
YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

Whiskeytown National
Recreation Area

Date: October 2, 2013

Contact: Sherrie Brookes, Safe Routes to School Coordinator, (530) 249-8456

Local – Twelve Shasta County schools will join schools from around the world to celebrate International Walk to School Day on Wednesday, October 9, 2013. Local elected officials and principals will lead “walking school buses” of students walking to school that day.

"When children walk to school, it has a positive impact on the entire community," states Sherrie Brookes, Safe Routes to School Coordinator. "By getting people out and about, walking school buses can foster a sense of community pride in both children and adults, which can lead to safer, more active neighborhoods." After walking, children arrive at school alert and ready to learn, which improves academic performance.

Walk to School Day is expected to include students from all 50 states and 40 countries. Schools that are participating in Shasta County include: Anderson Heights, Anderson Middle School, Cypress, Columbia, Fall River, Manzanita, Millville, Mountain View, Rother, Shasta Lake and Turtle Bay. Each walk will begin with kids, parents and community leaders gathering at specific locations to walk to school together. As always, drivers should be on alert for children walking near school zones.

Walk to School efforts work to create safer routes for walking and bicycling and emphasize the importance of physical activity among children, pedestrian safety, and decreased traffic congestion and air pollution. This event kicks off year-round contests to encourage children to walk or ride their bicycles to school at least once a week at several schools. It also complements the pedestrian safety curriculum, which is being implemented throughout the Redding School District and several other Shasta County schools over the next two years.

The event is organized by the Shasta County Safe Routes to School program, which works with schools to improve pedestrian safety and to promote walking and biking to school. To assist with this event or the Safe Routes to School movement, contact Sherrie Brookes at (530) 229-8456.

For additional information, please visit these Web sites:

Healthy Shasta
International Walk to School in the USA
National Center for Safe Routes to School

www.healthyshasta.org/saferoutes.htm
www.walkbiketoschool.org
www.saferoutesinfo.org

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