

Shasta County Safe Routes to School

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Better choices. Healthy changes.



Welcome!

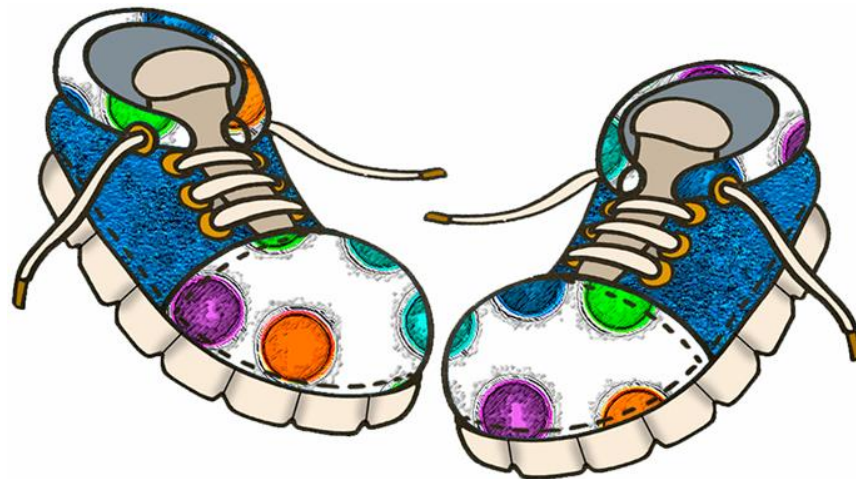
Tell us...

Your Name

School

Position

Your Experience: Walk to School Day?



What are Benefits of Walking to School?

- Health benefits
- Cleaner air
- Socialize with friends
- Gain skills in being independent
- Learning pedestrian safety skills
- More eyes on the street to normalize walking
- Better concentration/learning in the classroom

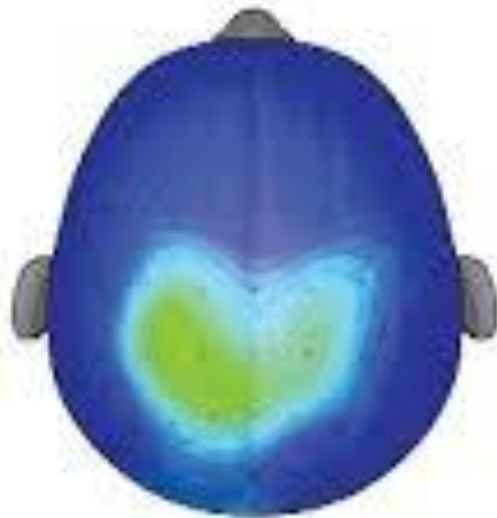
90% of children's time is spent inside...



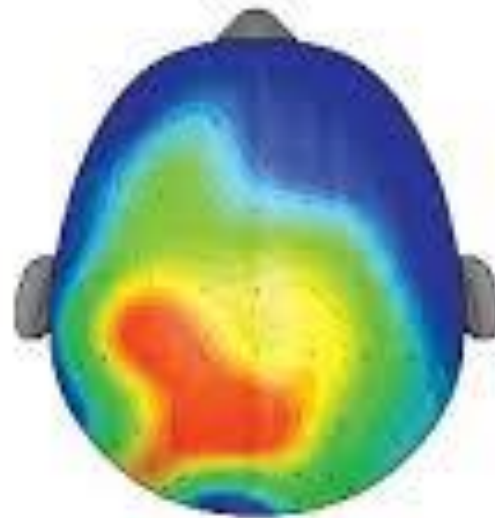
Walking Boosts Mood & More!



Cognitive Effects of Exercise



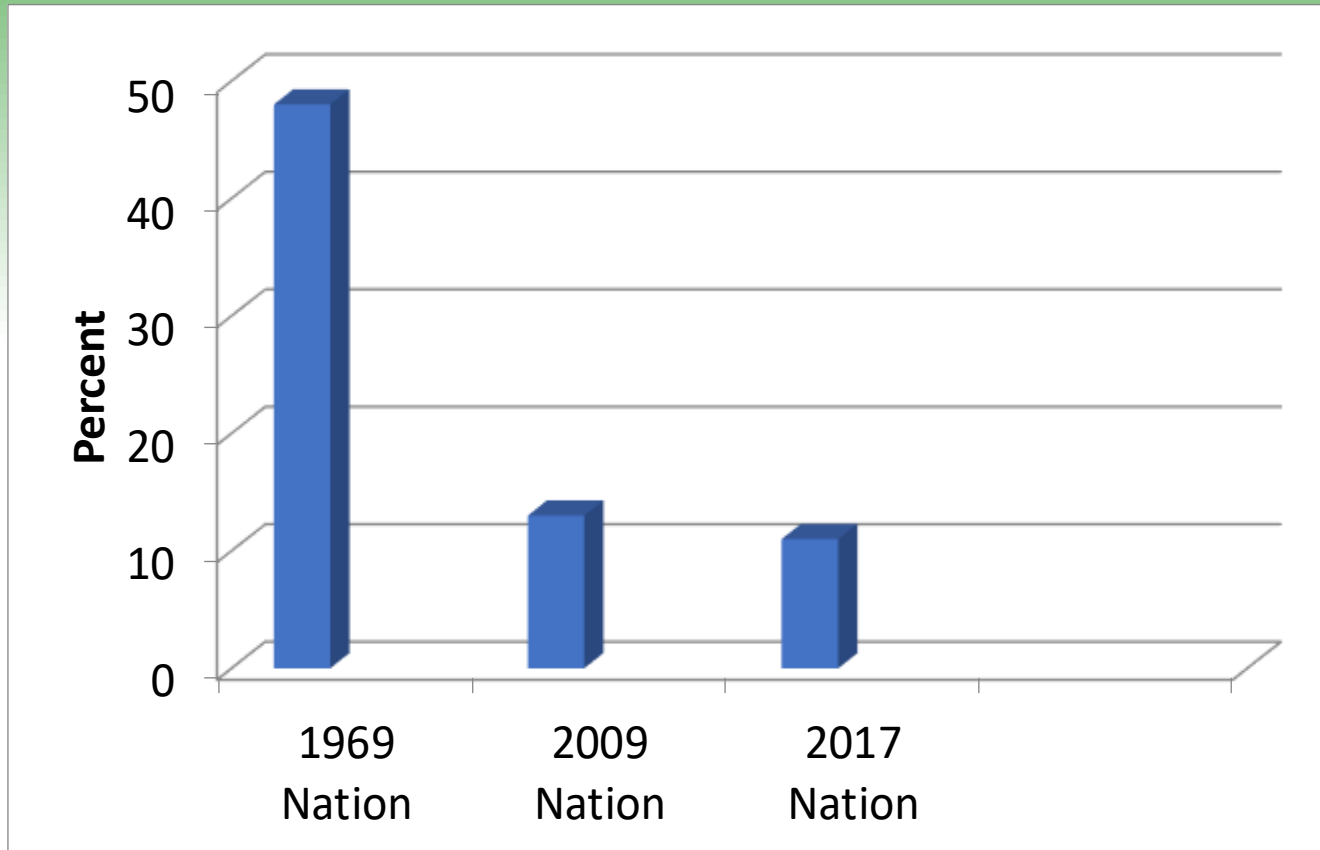
After 20 minutes of
Sitting Quietly



After 20 minutes of
Walking

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How Many Kids Walk to School?



All Students Can Walk/Roll

- Ideal for <1 mile from school to walk from location
- Walking to Bus Stop
- Arrange Bus Drop-offs
- Walk the track before school



Partners

- Principal/superintendent/admin involved
- Invite school board members
- Parent involvement/PTO/PTA – prizes, challenge
- Neighborhood Association – Nextdoor
- Elected officials
- Businesses – health club, churches, etc to contribute toward discounts, volunteers

Promoting the Event

- Staff meeting – get teachers excited and involved
- Principal/VP special classroom announcements
- Connect Ed text/phone message
- School App
- Flyers – posted for students
- Website
- Reader board
- Banners



Fun Ways to Promote

- A-frame sign in pick up loop
- Tag onto other events
- Students prepare signs (to hang up, or carry along the way)
- Chalk art/footprints
- Think 3-D:
shoes hung up
- School Mascot
greeting students



Making Your Walk Safe

- Observe morning drop-off
- Choose a safe route
- Pre-Walk Route!
- Address hazards before event
- Use SRO or law enforcement to help with walk, crossing at intersections
- Give families safety rules before walk



Walking Safety Tips



**Be Aware &
Cross with Care...**

Walking Tips

**...Every Time You Cross
...Everywhere You Walk**

Walk to School Day is Oct

**Follow The
Rules of The Road**



Walking Safety Tips

- Know & obey all traffic laws
- Sidewalks
- Crosswalks, LRL
- Driveways
- Route
- Clothing



Temporary Solutions



Pedestrian Safety Education Resources

- For ages 5-18
(separate videos
& quizzes for age
groups)
- [Safer Journey](#)
FHWA Resources
- Make it FUN!



Day of Event



Register Your School

- Easy
- Tips
- Tools
- Promotional materials:
signs



[Walk & Bike to School \(walkbiketoschool.org\)](http://walkbiketoschool.org)



PLAN

an event

SEE

who's signed up

BEYOND

the event

LEARN

more

REGISTER

sign up today!

Who Biked or Walked?

See who joined the celebration for **Bike to School Day** or **Walk to School Day** in past years.



Click your state to see past events in your area!

Walk to School

- 2017 — 5583 events
- 2016 — 4958 events
- 2015 — 4767 events
- 2014 — 4499 events

Bike to School

- 2018 — 3205 events
- 2017 — 3004 events
- 2016 — 2520 events
- 2015 — 2502 events
- 2014 — 2122 events

Select an **event type**, a **year** and **state** to begin your search.

Event type

- select an event type -

Year

- select a year -

State

- select a state -



Walking is for Everyone!

**Healthy
Shasta's**



Sign up & find trail maps at
healthyshastawalks.org

October 1-31

Join or create a team.
Get active. Win prizes.

Active Transportation Program Support Staff

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