



North Natomas

Transportation Management Association

H. Allen Hight

Walking Wednesdays NEWS



H. Allen Hight October 2010

Did You Know?

Studies have shown that physical activity increases brain activity. This is why Walking Wednesdays is so beneficial for your child. Getting the body moving will get the brain ready for learning!

What's good for your heart is good for your head. Some of the strongest evidence about maintaining your brain links heart health to brain health. Even though you can't feel your brain working, it's one of the most active organs in your body. Your heart pumps about 20 percent of your blood to your brain, where billions of cells use about 20 percent of the blood's oxygen and fuel. (Alzheimer's Association)

The more your child walks and bikes, the risk of being overweight decreases, also reducing the risk of cardiovascular disease and adult obesity. The Institute of Medicine of the National Academies identifies increasing the number of students walking and bicycling to school as a key action step in preventing childhood obesity. Experts recommend children get at least 60 minutes of age appropriate physical activity every day. Walking Wednesdays is a great way to accomplish this!

According to walktoschool.org, physical activity and physical fitness are associated with improved academic performance and mental development in children and adolescents. Professor of Psychology at SDSU and Director of Active Living Research, Jim Sallis' research shows students with the highest fitness scores also have the highest SAT-9 scores.

So, what are you waiting for? Join the movement and start walking and biking to school on Walking Wednesdays!



UPCOMING EVENTS:

October 6 - It's a Family Affair - International Walk to School Day and Free Family Breakfast

All Wednesdays - Walking Wednesdays

North Natomas TMA

Whether you live or work in North Natomas, we're here to help you navigate through the community. The North Natomas Transportation Management Association (NNTMA) is a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education, and services.

The North Natomas TMA is proud to sponsor Walk and Bike to School programs at five area elementary schools, including H. Allen Hight. Our goal is to make walking and biking to school the safest and easiest choice for children and their families. Our programs support the development of safe, healthy children while reducing traffic congestion and improving air quality. The NNTMA's Walk and Bike to School programs are part of a national movement to make neighborhoods safer for children and build lifelong healthy habits.



Walking Wednesdays Program

Calling all bikers and walkers - every student who participates and gets their card punched on Walking Wednesdays will earn special prizes! Students are responsible for keeping track of their own punch card. If they lose their card, they can get a new one, but any punches they earned will not be replaced. For every two punches on their Walking Wednesdays card, they will earn a special toe token charm to add to their chain.

Meet up with the walking school bus at Kokomo Park under the shaded picnic structure. Adult volunteers will be present to walk with the children. Drop-off starting at 7:30AM & Departure at 7:40AM

Meet Dario Gonzalez



Dario Gonzalez, Natomas Unified School District's Safe Routes to School Coordinator, is very excited to begin his second year working with staff, parents, and families of the schools in Natomas. He is charged with helping create and guide policies that encourage safe walking and biking, as well as addressing unsafe conditions around our schools.

This year, Dario plans to continue to implement community events, weekly walking programs, and monthly campaigns at various schools throughout Natomas; in partnership with the North Natomas TMA. He encourages parents, students, staff, and community members who may have school program questions, concerns, or ideas to contact him. Call 561-5267 or email Dario at dgonzalez@natomas.k12.ca.us anytime!

IN PARTNERSHIP WITH
NUSD SAFE ROUTES TO SCHOOL



Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education, and services. Contact mellissa@nntma.org - 419-9955



INTERNATIONAL



It's a Family Affair – International Walk to School Day and Free Family Breakfast

Wednesday, October 6th, 7:15 to 8:00 am

There is no better way to start your day than walking to school and eating a healthy breakfast. The North Natomas TMA and the NUSD Health and Wellness Committee are hosting this special event to encourage families to walk or bike to school and enjoy a complimentary breakfast when they arrive. All participating children will receive a special prize and parents can enjoy free coffee as they eat breakfast with their children.

Participating in International Walk to School Month gives the community an opportunity to be part of a global event with millions of others around the world. Walking and biking provides physical activity, improves air quality by reducing traffic, and creates a safer opportunity for more students to walk or bike. Students who routinely eat a nourishing breakfast perform better in school and have lower rates of absenteeism and tardiness. Our event aims to increase the amount of students eating breakfast and walking or biking to school.

Volunteer Opportunities

Are you looking for a way to volunteer and make a difference in the lives of children at H. Allen Hight? The Walking Wednesdays Walk and Bike to School program is a fun way to volunteer and interact with children, by rewarding positive behavior. As a volunteer you can sign up for one shift only or be a regular on-going volunteer. Volunteer positions are needed on Wednesday mornings from 7:25 to 8:05 am.

Card Punchers, Prize Distributors and Counters

Adult volunteers will hole punch Walking Wednesdays cards as children arrive at school by walking and biking. They will also be responsible for passing out toe charms to children. Volunteers will be given a hand held counter so we have an accurate count of students using alternative transportation.

Walking Bus Adult Leader

A walking bus is a group of school children chaperoned by adults, who walk to school, in much the same way a school bus would drive them to school. There probably are neighborhood kids that could benefit from a walking school bus living near you! If you are interested, the NNTMA will assist you in setting up your route and providing training, and support.

If you'd be willing to volunteer, please contact Dario Gonzalez at NUSD - 561-5267 or dgonzalez@natomas.k12.ca.us.

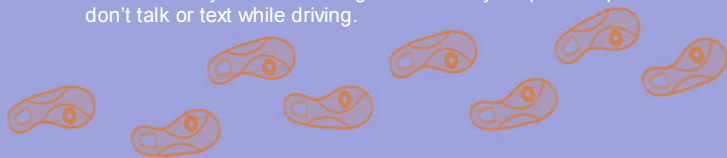
Safety Tips

Safety Tips for the Walking School Bus:

- Cross the street at corners, using traffic signals and crosswalks
- Do not follow others into the street unless you have looked for yourself, making sure it is clear to cross and that you have the crosswalk light.
- Never run out into the streets, parking lot, or cross in between parked cars. Make sure to stay on the sidewalk when waiting for the Walking School Bus to leave.
- Always look both ways before crossing an intersection or driveway.
- Be predictable, visible, and aware of your surroundings.
- Have fun!

Simple reminders for drivers:

- Take extra time to look for kids at intersections, driveways, on medians and on curbs in the morning and after school hours.
- Enter and exit driveways and alleys slowly and carefully.
- Watch for children on and near the road in the morning and after school hours.
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone - please don't talk or text while driving.



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BICYCLE	HEALTH	WALKING
CROSSWALK	HELMET	YIELD
EXERCISE	SAFETY	
FUN	SIDEWALK	