



North Natomas

Transportation Management Association

Natomas Park

Walking Wednesdays NEWS



Natomas Park 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!

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 Natomas Park Elementary. 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. Walk every Wednesday because it might even be a special treasure box prize day.



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!



UPCOMING EVENTS:

October 28th - International Walk to School Day Celebration at Natomas Park

All Wednesdays - Walking Wednesdays

IN PARTNERSHIP WITH
NUSD SAFE ROUTES TO SCHOOL

Natomas
Unified School District
Connecting students to their future

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 kim@nntma.org - 419-9955



INTERNATIONAL



International Walk to School Day
Celebration at Natomas Park Elementary
Thursday, October 28th

October is International Walk to School Month. We'd like to encourage you and your children to walk or bike to school during the month of October, especially on Thursday, October 28th. The North Natomas TMA is hosting this special event and all participating children will receive a special prize. Parents can also enjoy free coffee and pastries as they arrive at school.

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. Our event aims to increase the amount of students walking or biking to school.

If you are interested in finding out more about your school's year long walk & bike program, contact Kim Read at 419-9955 or kim@nntma.org.

Volunteer Opportunities

Are you looking for a way to volunteer and make a difference in the lives of children at Natomas Park Elementary? 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 7:20 to 7:50 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 Kim Read at the North Natomas TMA - 419-9955 or kim@nntma.org.



Lead the Way Project Ride Smart Graduates

Project Ride Smart is a comprehensive youth bicycle safety and skill development program of the North Natomas TMA, in partnership with NUSD. In the Spring, 232 4th and 5th grade students at Natomas Park Elementary completed Project Ride Smart. They learned bicycle safety and the rules of the road, in classroom instruction and on the street during the school day.

We want to see you out riding your bikes on Walking Wednesdays! Be a great example to your classmates and encourage them to walk, bike, scooter, and skate to school!

Maybe if they see your newly acquired skills, they will want to follow in your foot steps. Remember, SCAN - SIGNAL - MERGE!

K	G	W	A	L	W	D	E	P	N	Y	K	C	X	S
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BICYCLE	HEALTH	WALKING
CROSSWALK	HELMET	YIELD
EXERCISE	SAFETY	
FUN	SIDEWALK	