



North Natomas

Transportation Management Association

Regency Park

Two Feet Tuesdays NEWS



Regency Park October 2010

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 Regency 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.

Did You Know?

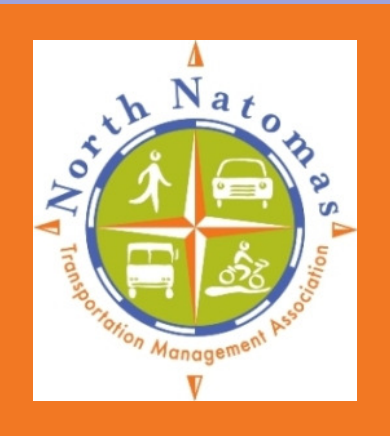
Studies have shown that physical activity increases brain activity. This is why Two Feet Tuesdays is so beneficial for your child. Getting the body moving will get the brain ready for learning!

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. Two Feet Tuesdays 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 Two Feet Tuesdays!



Two Feet Tuesdays Program

Calling all bikers and walkers - every student who participates and gets their card punched on Two Feet Tuesdays 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 Two Feet Tuesdays card, they will earn a special toe token charm to add to their chain.

Meet Mellissa Meng

You might recognize "Miss Mellissa" from being on campus and promoting healthy, active ways of getting to school and around the community. Each Tuesday, Mellissa works with many wonderful parent volunteers to run Regency Park's Two Feet Tuesday program, designed to improve safety, reduce traffic congestion and improve air quality.

Before working with Regency Park, Mellissa has worked extensively with schools to promote healthy eating and nutrition, waste reduction and recycling and, of course, walking and biking! Her passion is working to provide children the education and opportunities to be healthy, and to make good decisions for themselves.

In addition to Two Feet Tuesdays, you may see her on campus and around the community as May is Bike Month rolls along. She will also be working with 5th grade classes to teach Project Ride Smart, a youth bicycle safety program. If you see her, please come on by and say "Hi".



UPCOMING EVENTS:

October 7 - Regency Park PTA Meeting

October 21 - International Walk to School Day Celebration at Regency Park

All Tuesdays - Walk and bike to school!

IN PARTNERSHIP WITH
TWIN RIVERS SCHOOL DISTRICT



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



International Walk to School Day
Celebration at Regency Park Elementary
Thursday, October 21st

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 21st**. 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 Mellissa Meng at 419-9955 or mellissa@nntma.org.

Volunteer Opportunities

Are you looking for a way to volunteer and make a difference in the lives of children at Regency Park Elementary? The Two Feet Tuesdays 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 Tuesday mornings from 8:20 to 9:05 am.

Card Punchers, Prize Distributors and Counters

Adult volunteers will hole punch Two Feet Tuesdays 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 Mellissa Meng at the North Natomas TMA - 419-9955 or mellissa@nntma.org.

Safety Tips

For Walkers:

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. Never run out into the streets, parking lot, or cross in between parked cars. Always look both ways before crossing an intersection or driveway. Be predictable, visible, and aware of your surroundings. Have fun!

Simple reminders for drivers:

Slow down and be especially alert while dropping children off. Take extra time to look for kids at intersections, driveways, on medians and on curbs. 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.



K	G	W	A	L	W	D	E	P	N	Y	K	C	X	S
X	L	B	A	V	X	S	L	X	U	S	L	V	C	A
B	N	A	Z	L	I	G	H	E	F	T	A	B	R	F
L	T	T	W	C	K	E	D	Z	I	Y	W	H	K	E
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BICYCLE	HEALTH	WALKING
CROSSWALK	HELMET	YIELD
EXERCISE	SAFETY	
FUN	SIDEWALK	

CHECK OUT THE WEBSITE, NORTHNATOMASTMA.ORG, FOR MORE SCHOOL INFORMATION, BIKE RESOURCES, AND SHUTTLE OPPORTUNITIES.