



# North Natomas

Transportation Management Association

H. Allen Hight

## Walking Wednesdays NEWS



H. Allen Hight November 2010

### Walking School Bus



If you can't walk your child to school or live too far away, meet up with the walking school bus; a parent supervised group that walks groups of children to school. The "Walking School Bus" meets at Kokomo Park (Ottumwa Dr.) at the shaded picnic structure between 7:30 and 7:40 am. Either walk with your child or drop them off to walk with the group. At 7:40 am, they will depart from the park and walk down Kokomo Drive to the school.

### Teaching your child bike and pedestrian safety skills

As parents, we have the responsibility to teach our children bike and pedestrian safety skills. We need to teach them how important it is to have "street smarts". Walking Wednesdays can assist in helping your children learn these skills:

**Preparation for a healthy, active lifestyle.** Physical activity helps kids to concentrate, makes them stronger and more energetic, prevents weight gain, and contributes to higher self-esteem, and lower anxiety and stress.

**Social interaction for kids AND parents.** Choosing to walk or bike instead of your car will give you a chance to interact with your child. This will give you a great opportunity to get to know your child and talk to them about what's going on in their life.

**Learn and exercise responsibility.** Giving your child independence to walk or bike to school alone or with a friend will teach them responsibility. They will learn how to put in practice responsibility - what you've been working so hard to achieve.

### Meet Christa Erlank, Walking School Bus Volunteer

This is H. Allen Hight's second year with the Walking Wednesdays program, including the Kokomo Park Walking School Bus. The program's ongoing success is due to parent volunteers who enjoy helping and spending time with their children. Christa is one of our great volunteers who leads the Walking School Bus from Kokomo Park each week. Starting last year, Christa felt that she should get involved to keep kids active and safe while traveling to school. She is at Kokomo Park rain or shine, walking with her daughter, other volunteers, and the group of children who participate. She says she volunteers for a variety of reasons, but her favorite part is seeing how the kids have gained more excitement to walk to school. Many kids anticipate walking with their friends to school in the morning - it's the highlight of their day.



Christa Erlank

There are several H. Allen Hight mothers who are regular volunteers. You will have a chance to meet them in the coming months' newsletters, or better yet - come out and meet them in person by participating in the Walking School Bus!

If your interested in helping with Walking Wednesdays, please contact Dario Gonzalez at 561-5867.



### UPCOMING EVENTS:

**November 9** - NUSD Meeting  
6:30 pm, 1901 Arena Blvd.

**November 12** - Sacramento Safe Routes to School Five E's Conference

**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 mellissa@nntma.org - 419-9955



### Safe Routes to School Conference

Calling all parents, friends, teachers, and school officials - this conference is for you! Come learn about the Safe Routes to School national movement. Safe Routes to School programs examine conditions around schools and conduct projects and activities that work to improve safety and accessibility, and reduce traffic and air pollution in the vicinity of schools.

The conference will take place on November 12th from 9 am - 4pm. It will include information on:

- Evaluating conditions through surveys and walk audits
- Staying safe on the journey to and from school
- Incorporating pedestrian and bicycle education in school curriculum
- Funding Safe Routes to School
- Establishing policies supporting Safe Routes to School

Register online at [sacramentosaferroutes2010.eventbrite.com](http://sacramentosaferroutes2010.eventbrite.com). Cost is FREE to attend with an optional \$10 lunch. Contact [tpreston@walksacramento.org](mailto:tpreston@walksacramento.org) for more information.

### Meet Nate and Ethan Amata

Nate and Ethan Amata are two brothers who enjoy participating in Walking Wednesdays. They particularly like collecting all the different colored charms and walking to school with friends. Nate likes when he gets to see Mr. Taylor at the crosswalk helping kids get to school safely.



*Nate and Ethan Amata*

These boys walk every Wednesday, even carrying umbrellas when it rains. Come on, join in on the fun like Nate and Ethan!

### Walking and biking is fun and your child's first form of transportation

Walking Wednesdays is designed to encourage children not only to ride their bike and walk to school, but to implement it as a way of life. Walking Wednesdays highlights the importance of a healthy lifestyle, building community, and caring for the environment.



Walking Wednesdays provides students with the knowledge and skills required to be safe pedestrians and bicyclists; thereby giving parents confidence to extend kids more travel freedoms to school, friends' houses, and maybe even the movies.

Principal Taylor finds great value in the Walking Wednesdays program which provides a safe environment for the children. Leave your car at home and don't hassle with the school traffic. Take this time to connect with your kids!

Walking Wednesdays' goal is to provide children with the knowledge and experience to travel safely and predictably under their own power in our community.

