



Natomas Park November 2010

Volunteers



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 Wednesday only or be a regular on-going volunteer. A Wednesday morning commitment is from 7:20-7:50 am.

If you are interested in helping make a difference at Natomas Park Elementary, please contact Kim Read, kim@nntma.org or 419-9955.

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 Kristine Galindo

Kristine and her husband Jeff, have lived in Natomas Park for eight years now. A major draw to Natomas Park for Kristine were the walking and biking paths. Before she was even pregnant, she dreamed of the day when she would walk to her neighborhood school with her kids. Now with two boys, one in 1st grade and the other in kindergarten, the car stays in the garage and they either ride, scooter or walk to school everyday. Since Kristine values walking and riding versus driving, it was only natural that she would want to help out and support the Walking Wednesdays program. Regularly, Kristine volunteers punching Walking Wednesdays cards and is always encouraging students to walk or bike to school!



Kristine Galindo



UPCOMING EVENTS:

- November 3 - PTA Meeting 6 pm
- November 10 - 5-7pm Night Under the Stars
- November 12 - Sacramento Safe Routes to School Five E's Conference



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. As a result, these programs help make bicycling and walking to school safer and more appealing transportation choices, thus encouraging a healthy and active lifestyle from an early age.

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
- Selecting engineering treatments for roadways
- 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. Cost is FREE to attend with an optional \$10 lunch. Contact tpreston@walksacramento.org for more information.



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 Johnson 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.

