



North Natomas

Transportation Management Association

Regency Park

Two Feet Tuesdays NEWS



Regency Park November 2010

Two Feet Tuesdays Volunteers



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 Tuesday only or be a regular on-going volunteer. A Tuesday morning commitment is from 8:20 - 9:05 am.

If you are interested in helping make a difference at Regency Park Elementary, please contact Mellissa Meng, mellissa@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". Two Feet Tuesdays 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 Katy Schell

Katy Schell has been such a great Two Feet Tuesdays volunteer. She has been helping with the walk and bike to school program, including her assistance with the design of the punch card system, since Fall of 2009. Every Tuesday, Katy is at the back gate punching cards and has enjoyed encouraging the kids. She already walks her three children, Tori, Emily, and Austin, to school everyday and thought it would be fun to help with the Two Feet Tuesdays program. Her children love to collect toe tokens and often help their mom punch cards. Katy likes the fact that she's helping promote healthy choices and that the program reduces traffic around the school, which makes it safer for Regency Park students. Next time you see Katy, make sure you say hello! Thanks for your hard work, Katy.



Katy & Austin Schell



UPCOMING EVENTS:

- November 2 - PTA Meeting
- November 12 - Sacramento Safe Routes to School Five E's Conference
- All Tuesdays - Two Feet Tuesdays

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



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

International Walk to School Day Celebration



On October 21st, Regency Park Elementary celebrated International Walk to School Day and there was a great turnout. As students arrived, they received special orange shoe laces rewarding them for walking to school. Many

parent volunteers helped set up, passed out shoe laces, and talked with other parents about Two Feet Tuesdays. Thank you to our wonderful parent volunteers who weekly, make Two Feet Tuesdays such a success!

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

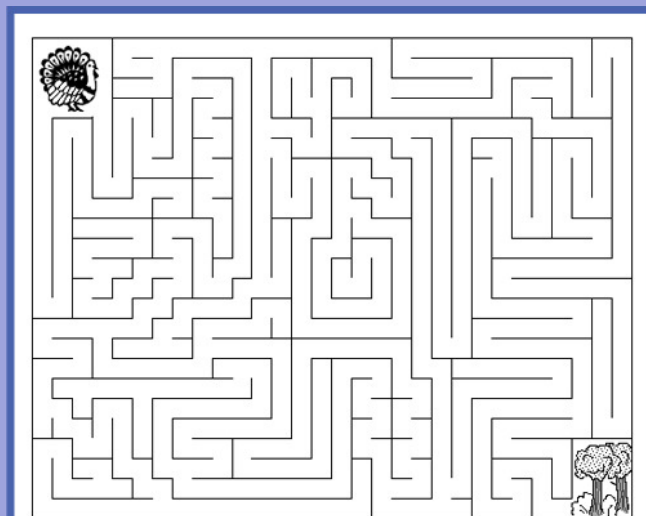
Two Feet Tuesdays is designed to encourage children not only to ride their bike and walk to school, but to implement it as a way of life. Two Feet Tuesdays highlights the importance of a healthy lifestyle, building community, and caring for the environment.



Two Feet Tuesdays 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 Reed finds great value in the Two Feet Tuesdays 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!

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



Help the turkey back to the woods!