



North Natomas

Transportation Management Association

Westlake Charter

Walking Wednesdays and Fridays

NEWS



Westlake Charter November 2010

Walking School Bus



Do you live too far away to walk or bike from home? Join the "Walking School Bus". A parent supervised group will meet at the Walgreen's Shopping Plaza (El Centro Rd. and Del Paso Rd.) at the AIM Mail Center. The group will walk along Del Paso Rd., use the crosswalk in front of the school, and enter through the front gate. Parents can drop off their children starting at 8:00 AM. The group will depart on their way to school at 8:10 AM.

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". The walking and biking program 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 Huff and Stacy Ramirez



Christa & Stacy

This is Christa's first year helping with Walking Wednesdays and Fridays. It seemed practical for her to volunteer since she was already walking her children every morning. Every Wednesday and Friday, she greets children at the AIM Mail Center for the "Walking School Bus" and leads them to school. She believes that one of the greatest benefits for the children is the socialization. She says, "Many kids have made new friends, reconnected with old ones, and have a good time walking to school together." For her personally, she

values the program because it involves families, siblings, grandparents, aunts and uncles. She believes it's a great school community both for children and adults.

Stacy Ramirez started volunteering in August 2010. She first became involved because her son, Aaron, wanted to participate in walking to school with all the other kids. She thought it would be great exercise for both of them! Her favorite part of volunteering is seeing how much fun the kids have walking to school together and knowing they are learning how it improves air quality by reducing traffic. The greatest benefits for Stacy are that volunteering sends a positive message to Westlake Charter students and is a great way to show her son that she takes an interest in his education.

Thank you Christa and Stacy for making this program such a success!



UPCOMING EVENTS:

- November 4 - WCS Board Meeting
- November 12 - Sacramento Safe Routes to School Five E's Conference
- November 15 - WAVE Meeting

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
- 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.

International Walk to School Day Celebration!

On October 14th, Westlake Charter celebrated International Walk to School Day and there was a great turn out. Way to go, Explorers! Each step counts to creating a safer school environment, nurturing relationships, and improving air quality.



Walking School Bus

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

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



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

