



# North Natomas Transportation Management Association

H. Allen  
Hight

## Walking Wednesdays' NEWS



H. Allen Hight December 2010



### Special Prize Distribution - Bring your punch card on Dec. 15

It's now time to show us how many punches you have earned on your Walking Wednesdays' punch card. Make sure you visit the Walking Wednesdays' table on December 15th to receive your last toe token charm and special prize for the year. Keep up the good work and continue walking and biking to school!

### Rainy season got you down?

Rain or shine, we will be there on Wednesdays punching cards and passing out charms. Walking and biking regularly have shown to be helpful preventative fighters of heart disease and cancer. We understand with the weather change your family might be less inclined to walk or bike to school. We have some tips to keep you comfortable and motivated to continue walking and biking through the winter.

- Dressing for cold weather is easier than ever with all the great high tech fabrics currently available. If you are walking or biking in the dark, be sure to wear brighter reflective color so that drivers and cyclists can see you.
- Dry feet make a huge difference in walking comfort, especially when walking in the rain. You can waterproof your shoes or boots yourself with a simple treatment.
- Use gloves to prevent cold, wet hands and don't forget your umbrella.
- While riding, avoid potholes, puddles, or piles of leaves that may be covering an unseen hazard.

### Meet Lynndon Peterson



This is Lynndon's first year volunteering with Walking Wednesdays. He decided to get involved with Walking Wednesdays because he wanted to volunteer at his son's school and help promote walking to the students. His son Bailey is a 4th grader at H. Allen Hight.

"My favorite part about volunteering for Walking Wednesdays is the excitement I see on my son's face when he walks up to the school on Wednesdays and sees me punching cards. I believe it shows him how much I care about his school, but more importantly it shows him how much I care about him," Lynndon expresses.

Lynndon thinks Walking Wednesdays has made a positive change at H. Allen Hight. Kids get really excited about getting their cards punched and getting the different charms! He notices that walking to school is not a chore for the kids, and if they had it their way, Walking Wednesdays would happen everyday.

Lastly, Lynndon would like all parents to know that Walking Wednesdays' volunteers really appreciate you encouraging your kids to walk to school whenever possible. He says, "You are making a long lasting impression on your kids!"

*Thanks for all your hard work Lynndon!*



### UPCOMING EVENTS:

- December 8** - NUSD Board Meeting, 6:30 pm, 1901 Arena Blvd.
- December 15** - Walking Wednesdays' special prize distribution
- December 20-January 7** - Winter Break

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



## Teaching your children about personal safety

Parents, you can teach your children about the importance of personal safety and what to do in dangerous situations. There are three personal safety skills: smart thinking, strong character, and sticking together! Make sure you encourage open communication so that your children feel comfortable talking to you about any situation. Make a map showing acceptable routes to school, using main roads and avoiding shortcuts or isolated areas.

Great rules to teach your children as they travel to and from school:

- Walk with a friend; it's safer and more fun to be with your friends.
- Establish safe adults - if anyone bothers you while going to or from school, get away from that person, and tell a trusted adult like your parents or teacher.
- If someone you don't know or feel comfortable with offers you a ride, say **NO**.
- If someone follows you, get away from him or her as quickly as you can and yell, "This person is trying to take me away!". Always be sure to **TELL** your parents or a trusted adult what happened.
- If you want to change your plans after school, always **CHECK FIRST** with your parents. Never play in parks, malls, or video arcades by yourself.

Remind your children that adults should not approach children for help or directions - they should be asking other adults.



## Helmet Safety

The law requires your child to wear a helmet. This is because medical research shows that a bicycle helmet can prevent 85% of cyclists' head injuries. Your child can suffer permanent personality changes and learning disabilities from a brain injury. Common long-term effects include concentration difficulties, aggressiveness, headaches and balance problems.

Protecting the front of the head is most important when using bicycle helmets. During crashes, bicyclists generally go forward and hit the front of their head. So, it is essential that the helmet is always strapped, and that it covers the forehead.

Here are a couple of pointers on how to properly fit your child's helmet:

- The helmet must be level on the child's head so that it covers their forehead and should rest only an inch above the eyes.
- The helmet should be snug and not wobble excessively side to side.
- Students should not be able to put more than two fingers through the chinstrap.
- Students should not be able to push the helmet more than two inches straight back.

**Across**

3. The coldest season of the year
5. These keep your hands warm
6. You can slide down a hill on one of these

**Down**

1. Water that falls from the sky in drops
2. The month when winter begins
4. Frozen flakes that fall from the sky