



North Natomas

Transportation Management Association

Regency Park

TWO FEET TUESDAYS NEWS



Regency Park December 2010

Rainy season got you down?

Rain or shine, we will be there on Tuesdays 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.



UPCOMING EVENTS:

- December 4** - PTA Holiday Craft Fair
- December 14** - Two Feet Tuesdays' special prize distribution
- December 20** - January 3 - Winter Break

Special Prize Distribution - Bring your punch card on December 14th

It's now time to show us how many punches you have earned on your Two Feet Tuesdays' punch card. Make sure you visit the Two Feet Tuesdays' table on December 14th with your punch card to receive your last toe token charm and special prize. Keep up the good work and continue walking and biking to school!



Meet Mia Vertido

Mia Vertido has been a Two Feet Tuesdays' volunteer for the past two school years. She has two boys who attend Regency Park, Marcus in kindergarten and Lex in second grade. When she heard about the program, she thought it was a great way to encourage both children and parents to stay active while helping create a cleaner environment. There was a need for volunteers and she jumped to the opportunity.

Her favorite part about volunteering is seeing how many children and families participate in the program. Mia believes Two Feet Tuesdays is making a positive impact on Regency Park students. She is delighted to see how serious the kids take the program, making sure they get their cards punched on Tuesdays after walking or biking to school.



Thank you Mia for all your hard work!

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



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.



Meet Sawyer Kennedy

Sawyer Kennedy is a 1st grader in Mrs. Dutton's class. He enjoys going to school, especially on Two Feet Tuesdays when he often helps his mom punch the students' cards.



His favorite part about the day is getting to ride his bike to school. He thinks it's great fun! Sawyer's favorite color is light blue and he likes spending time with friends playing Wii. He also enjoys dancing with his hip hop team.

Keep up the great work, Sawyer!



Winter

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