



North Natomas

Transportation Management Association

Westlake Charter

Walking Wednesdays and Fridays' NEWS



Westlake Charter December 2010



Walking Wednesdays and Fridays' Special Prize Distribution - Bring your punch card on Dec. 17th

It's now time to show us how many punches you have earned on your Walking Wednesdays' and Fridays' punch card. Make sure you visit the table on December 17th with your punch card to receive your last toe token charm and special prize of 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 and Fridays 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 Ichelle Montoya & Margarita Maldonado

Ichelle Montoya has been a great Walking Wednesdays and Fridays volunteer since the beginning of this school year. Her daughter, Laila Herrera, attends Westlake Charter and enjoys participating with her mom. Ichelle thought this would be a great program to be involved in and a fun way to fulfill her parent hour requirements. Every morning she walks her daughter to school and likes encouraging other students to walk and bike to school. She especially enjoys seeing all the smiling faces in the morning. Ichelle thinks this program has made a positive change at Westlake and is delighted to be a part of the program.



Ichelle Montoya & Margarita Maldonado

Margarita Maldonado began helping with the Westlake walking and biking program when it first started in 2009. Her son Julian attends Westlake and is in kindergarten. She believes Walking Wednesdays and Fridays are great opportunities for kids to participate in a fun and healthy activity. Margarita enjoys being a part of such a positive program. She says, "I'm excited every Wednesday and Friday knowing I'm going to see so many smiling faces." The greatest change she has seen in this year's program is the number of parent volunteers, which translates into a successful program.

Thanks Ichelle and Margarita for all your hard work!



UPCOMING EVENTS:

December 2 - WCS Board Meeting
6:30 pm

December 17 - Walking
Wednesdays' & Fridays' Special
Prize Distribution

December 20 - 31 - 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.



Project Ride Smart Graduates

The NNTMA just completed a comprehensive bike safety program called Project Ride Smart at Westlake Charter. In partnership with two 5th grade teachers, cycling instructors taught this course.

Fifty-six children learned skills including bike control, safety, awareness, rules of the road, and much more. The kids are now excited to show off their new skills when biking to school on Wednesdays and Fridays. This valuable information will benefit our children for many years to come.

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