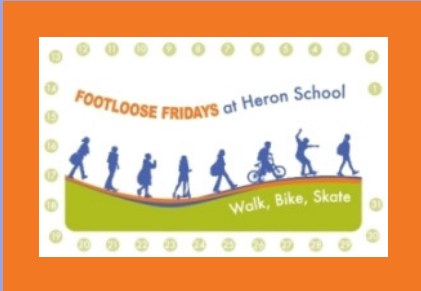




Heron January 2011

New Punch Card Kick Off - January 14



Happy New Year! Come get your brand new 2011 Footloose Fridays punch card. Make sure you walk or bike every week because we have really cool charms for the new year. Treasure box prizes will now be random, so make sure you don't miss any Footloose Fridays. You'll never know when it will show up.

Make 2011 a healthier year. Walk or bike with your children to school!



Clark, Carl, & Bruce Lemon

Meet Clark and Bruce Lemon

Clark Lemon is in Mrs. Niebauer's 2nd grade class. He has been participating in Footloose Fridays for two years now. He likes it because he gets to walk with his dad, mom, and brother. His favorite color is blue and likes to spin tops and play with legos. Other activities Clark likes includes reading comic books and making movies with his dad.

Bruce Lemon is in Mrs. Schaaf's, kindergarten class. He thinks it's fun walking to school with his family. He says, "I like to run ahead of everybody." He is currently learning how to ride his bike without training wheels, which he thinks is hard to do. Bruce likes to play with his stuffed animals and more importantly, bug his brother Clark!

Meet Carl Lemon

Carl Lemon has been a Footloose Fridays volunteer for two years now. Carl has two boys, Clark and Bruce, who both attend Heron. Carl says, "Yes. They are both named after superheroes."

He got involved in Footloose Fridays because he loves spending quality time with his sons walking to school, plus it's great exercise. Carl's favorite part is "watching the interaction between students and witnessing the students develop social skills with each other."

Footloose Fridays has been great for Carl and his family. He has observed Footloose Fridays as creating a stronger Heron community. Carl expresses his appreciation for Footloose Fridays, "A little exercise, a little bonding, and a little window into our kids' lives at school. It's fun for my whole family. Just don't forget a jacket and maybe a little coffee."



Clark, Carl, and Bruce Lemon



UPCOMING EVENTS:

Jan 12 - NUSD Board Meeting
6:30 p.m.

Jan 14 & 21 - Footloose Fridays
new punch card distribution

All Fridays - Footloose Fridays



Drive Smart - Don't Idle While Parked and Waiting

Rule of thumb: If you're waiting for your child to be dismissed and you'll be sitting in your car for more than 10 seconds, then please turn off your car's engine.

Before idling in your car again, consider this:

- Children's lungs are still developing and are more vulnerable to air pollution
- Children's asthma symptoms increase because of car exhaust
- Asthma is the most common chronic illness in children and the cause of most school absences
- Car exhaust contains benzene known to cause cancer
- Pollution levels inside the idling car are higher than at roadside
- Most notable effects of air pollution are difficulty breathing and increasing susceptibility to lung and respiratory diseases, like asthma and bronchitis

For more information about asthma, visit Breathe California - www.sacbreathe.org

Bike Donation Drive

Trying to figure out what to do with all the gift cards you received over the holidays? How about a bike? It is time for a healthy new year filled with adventure. The next question is - What do you do with the old bike that's hanging in the garage?

DONATE IT! The NNTMA is organizing a used kid's and adult bike drive. We will be repairing the bikes and donating them back to students in our local North Natomas schools. Bikes can be dropped off at the NNTMA office, (1960 Del Paso Road) M-F 8:30 a.m. - 5:00 p.m. We close each day for lunch between 12:00 p.m. and 1:00 p.m. Please contact us prior to dropping off any bikes. Questions? Call 916.419.9955.

NUSD is not partnering, sponsoring, or associating with the NNTMA Bike Drive and is in no way endorsing this project.

The NNTMA is a 501(c)(6) non-profit organization and contributions are not deductible on the donor's federal income tax return.

Helmet Safety

The law requires all children younger than 18 years to wear a helmet - parents, you can set a good example and wear one yourself. 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. 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 eyebrows
- 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

Unscramble each of the clue words. Then solve the mystery phrase by copying the letters with the same numbers into the empty boxes.

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