



North Natomas

Transportation Management Association

Westlake Charter

Walking Wednesdays and Fridays

NEWS



Westlake January 2011

New Punch Card Kick Off - January 5

Happy New Year! Come get your *brand new* 2011 Walking Wednesdays & 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 Walking Wednesdays and Fridays. You'll never know when it will show up.

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



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

Meet John Gill & Derek Ira

John Gill has been volunteering for the Walking Wednesdays and Fridays program since school started. His son Dylan, attends Westlake Charter and enjoys participating in the program. John first became involved with Walking Wednesdays and Fridays to promote healthy lifestyles and to get the kids moving outside. His favorite part about the program is interacting with happy kids. John mentioned that he's seen a positive change since the program has started. Kids seem to be happier and energetic once they have arrived at school.



John Gill & Derek Ira

Derek Ira first became involved with the program this year because of his daughter who is in kindergarten. He thought this would be a fun opportunity to do something with his daughter that was associated to her school. His favorite part about Wednesday and Friday mornings is "seeing how excited the kids are to go to school. It is contagious." Volunteering for Walking Wednesdays and Fridays has created a positive influence on his children and also Derek. He has now started looking at incorporating walking into his family's everyday lives, rather than driving.



UPCOMING EVENTS:

- Jan 3 & 5 - Walking Wednesdays & Fridays new card distribution
- Jan 10 - WAVE meeting 6:30 p.m.
- Jan 13 - Westlake Charter Board Meeting
- Jan 31 - Lottery Applications due for 2011-2012 school year

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

