



# North Natomas

Transportation Management Association

## Natomas Park Walking Wednesdays NEWS



Natomas Park February 2011

### Park and Walk

Do you live too far away to walk or bike to school? If you park at least two blocks away, your child can still participate in Walking Wednesdays! All of this helps to alleviate congestion around school grounds and ultimately improves the air quality that our children breathe! Make sure your child doesn't miss this opportunity and remember, you **can** participate by parking and walking!



### Healthy Hearts

Healthy hearts are essential for children's development and ability to learn throughout the day. It is well documented that developing healthy eating and exercise habits at an early age leads to a lifelong personal commitment to a healthy lifestyle.

Health professionals agree that exercise habits need to be established during childhood to reduce the chances of coronary heart disease, reduce blood pressure, counter obesity, lower lipids, slow osteoporosis, improve psychological well-being, and possibly reduce the risk of cancer. Walking to school is a great way to start life long healthy habits.

### Meet Leticia Silver

Leticia first became involved with Walking Wednesdays last school year and she has enjoyed volunteering ever since. Her family walks to school everyday, rain or shine. She currently has a son, Stephen, who attends Natomas Park Elementary and a daughter, Alicia, who attends Natomas Pacific Pathways Preparatory School.

Leticia values the Walking Wednesdays program because she thinks it is important to cut down on traffic for the safety of the students and it helps improve the environment. What she most enjoys about being a Walking Wednesdays volunteer is talking with other parents, encouraging students, and teaming up with other volunteers to create a change.



Leticia Silver

Leticia has witnessed a change in the Natomas Park Elementary community. Students show pride riding their bikes and walking to school, not only on Wednesdays but everyday. She wants to challenge students and parents to keep on walking!

*Thank you, Leticia, for all your hard work!*

We all need energy in the morning and a great way to fuel the day is with a healthy breakfast. It is a must, especially for kids. Studies show that kids who eat breakfast do better in school and are absent less. Choose healthy options that are whole grain, contain calcium, and are low in sugar and fat. Fruit is also a great addition to breakfast!

For more information visit [healthyhearts4kids.org](http://healthyhearts4kids.org).



### UPCOMING EVENTS:

**Feb. 9** - NUSD School Board Meeting 6:30 p.m. 1901 Arena Blvd

**Feb 14 & 21** - No School  
**All Wednesdays** - Walking Wednesdays

**Mystery Wednesday** - Walk or bike every Wednesday because it might be treasure box day!

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 [kim@nntma.org](mailto:kim@nntma.org) - 419-9955



### Bicycle Rebates are Back!

The North Natomas TMA's Bicycle Rebate Program is back for 2011. It's now time to make a commitment to cycle more and drive less. Apply now and you might be chosen to receive a rebate. Adult rebates: 40% of the cost of a new bicycle up to \$250 or 40% of the cost of a new accessory up to \$50. Child rebates: 40% of the cost of a new children's bicycle up to \$100.

This opportunity is first-come-first-serve, so make sure you get your completed application in soon. All applications must be postmarked by April 30th -just in time to enjoy spring riding! To find out more about the Bicycle Rebate Program, visit [ntma.org](http://ntma.org) or call 419-9955.

### First Lady Michelle Obama *Let's Move!* campaign

The *Let's Move!* campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

Physical activity is a great way to fight childhood obesity. The *Let's Move!* campaign suggests:

- Give kids toys that encourage physical activity like balls, kites, bikes, and jump ropes.
- Encourage kids to join a sports team.
- Walk to school.
- Walk around the block after a meal.
- Find time to spend together as a family with a fun activity. Some ideas you might consider include a family park day, swim day or bike day.

In December, President Obama signed the Healthy, Hunger-Free Kids Act which is in support of the *Let's Move!* campaign. Some of the main points include:

- Gives USDA the authority to set nutritional standards
- Provides additional funding to schools that meet updated nutritional standards
- Sets basic standards for school wellness policies
- Creates school gardens
- Expands access to drinking water
- Promotes nutrition and wellness in child care settings

For more information about the *Let's Move!* campaign, visit [letsmove.gov](http://letsmove.gov).



Daytona & Grayson Blankenship

### Meet Daytona & Grayson Blankenship

Daytona and Grayson walk or bike to school every day. Their favorite part about riding bikes is trying to make their bikes jump. They like participating in Walking Wednesdays because it's fun and they like the exercise.

Daytona is a 6th grade student in Mr. Sonne's class and her favorite color is blue. She likes to exercise and eat healthy. She especially loves to learn brand new things, even if it's hard. Grayson is in Ms. Clayton's 4th grade class. His favorite color is black and he enjoys playing video games on the Nintendo Wii. He sometimes likes running on the treadmill.

Both Daytona and Grayson delight in spending time with their family and neighbor friends.

*Keep up the great work Blankenship family!*

### The History of Valentine's Day

Every February we \_\_\_\_\_ Valentine's Day by giving \_\_\_\_\_, candy and \_\_\_\_\_ to those we love. We do this in honor of Saint Valentine. Valentine was a \_\_\_\_\_ who lived in \_\_\_\_\_ Rome. St. Valentine performed weddings in secret because the Emperor \_\_\_\_\_ had made them illegal. In Roman mythology, Cupid (from the Latin word meaning "\_\_\_\_\_") is the son of \_\_\_\_\_, the goddess of \_\_\_\_\_. Cupid is often said to be a very \_\_\_\_\_ boy who goes around \_\_\_\_\_ people with his bow and arrow, causing them to \_\_\_\_\_ in love.