



# North Natomas

Transportation Management Association

Westlake Charter

Walking Wednesdays and Fridays

NEWS



Westlake February 2011

## Park and Ride

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 and Fridays! 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 Harmeet Bal

Harmeet Bal has been an outstanding volunteer since the beginning of this school year. She currently has a son, Amar, in one of Westlake Charter's third grade classes. Amar loves walking to school and encourages his mom to walk with him. During her maternity leave, she had the opportunity to volunteer for the Walking Wednesdays and Fridays program. Participating gave her extra time to spend with Amar while getting some exercise too!



Harmeet Bal

Harmeet's favorite part about Walking Wednesdays and Fridays is seeing the huge turnout of kids walking to school. She thinks it's great to see over 50% of the student body getting exercise before school and being excited about it.

"I like watching excited kids walking to school and earning special charms and prizes," says Harmeet. The kids seem to be quite competitive with each other. They often try to reach for a goal, whether it's the special treasure box prizes or trying to meet Mr. Capp's goal of 200 students walking. Harmeet values the program and shares that it has been a wonderful experience for her family.

*Thank you, Harmeet, for being a Walking Wednesdays and Fridays volunteer!*

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. 16 - Town Hall Meeting
- Feb. 21-25 - No School Presidents' Week
- Walking Wednesdays & Fridays - every week!
- Mystery Wednesday or Friday - Walk or bike every Wednesday and Friday 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 [mellissa@nntma.org](mailto:mellissa@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).

### Meet Erica Bosley

Erica attends Westlake Charter and is in Mrs. Crenshaw's 4th grade class. She has enjoyed participating in Walking Wednesdays and Fridays for the last two years. Her favorite part about the program is meeting up with her friends to walk to school and chat.



Erica Bosley

She walks every Wednesday and Friday. She has accumulated different charms, prizes and many punches on her card. Her favorite colors are red, pink, and purple. In her spare time, Erica enjoys singing and dancing.

*Thank you, Erica, for participating in Walking Wednesdays and Fridays!*



### 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.