



North Natomas

Transportation Management Association

Heron School

Footloose Fridays NEWS



Heron School May 2011

Bike a Million Miles?



A million miles may seem an impossible goal, but look around. The swell in fluorescent spandex pants and whacky helmet mirrors

whizzing around town is not a coincidence. It is a telltale sign of serious road warriors contributing to the regional campaign, "May is Bike Month" aka "Million Mile May" where Sacramento area residents (both kids and adults) pedal their way toward a million cumulative miles.

The student body of Heron School will enter this event full force, competing against 10 other Natomas schools for the 2011 perpetual trophy, in an attempt to cycle 8,800 trips. (A 10-minute bicycle ride is considered one trip.) All types of bike rides count, including trips to and from school and all recreational biking. Participating children will log trips each day in the classroom and prizes will be awarded weekly. So...On your mark. Get set. Go!

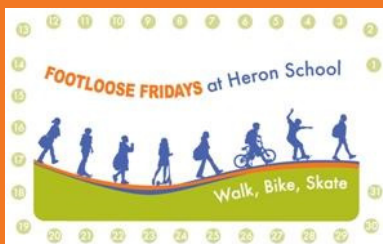


UPCOMING EVENTS:

- May 6** - Bike to School Day
- May 9** - Muffins for Moms
- May 20** - Footloose Fridays Prize Distribution
- May 25** - Kids Bike Clinic, North Natomas Library 6:00 p.m.
- May 27** - Donuts with Dad
- MAY IS BIKE MONTH!**

Footloose Fridays Finale: Get Your Prize!

The school year is wrapping up and so are Footloose Fridays. Don't miss out on your opportunity to win a prize and be recognized for the number of weeks that you have walked or biked to school. Meet us before school on May 20th at the original Footloose Fridays spot to redeem your reward!



Three Road Rules You Should Know

- 1) **Who has more road rights, bicycle or car?** We've all been there—stuck behind a bicyclist who just won't move over. You start venting in vein and yelling to the windshield, but did you know that California law gives equal rights to both cyclists and motorists? It's true. So, next time you feel the frustration fumes start to smolder, take a deep breath and remember cyclists have the right to be there, too!
- 2) **Follow the flow!** When riding your bike, you should always ride in the same direction as traffic. Conversely, when walking, you should always make your way against traffic unless you're on a sidewalk.
- 3) **Good gestures go a long way.** We ask cars to watch out for cyclists, but we also need to remind bicyclists that it is their job to communicate. One of the most sure fire ways to get your point across is to use traditional hand signals. Left arm out means left turn; left arm bent up means right turn; and left arm bent down means you are stopping. Perfecto!

Velocipede Mania!

On May 6th be a part of Bike to School Day, where scores of families, friends and students cycle to school in celebration of May is Bike Month. Of course, feel free to ride as much as possible the entire month, but don't miss out on this event. Students who arrive at school on a bike will receive a special treat!



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



What's Hot in Bike Fashion? Helmet Hair!

You may think donning a shell around your head squishes your style or points directly to a bad hair day, but it's much better fashion sense than the alternative: brain injury or death. The most serious injuries among cyclists are to the head, however wearing a helmet reduces these types of casualties up to 85 percent. But here's the catch: they only work when worn properly. On top of safety concerns, California law states that any child under 18 years must wear a helmet when doing anything on wheels, i.e. riding a bike, rollerblading or scootering. Below are the six steps to fitting a life-saving helmet:

- Step 1) Size**-Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads can help with a proper fit.
- Step 2) Position**-The helmet should sit level on your head and low on your forehead-one or two finger-widths above your eyebrow.
- Step 3) Buckles**-Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps.
- Step 4) Side Strap**-Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.
- Step 5) Chin Strap**-Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
- Step 6) Final Fitting**-Open your mouth wide... big yawn! The helmet should pull down on the head. Last, shake your head back and forth. Your helmet should not move! (Though you might end up a tad dizzy.)

Footloose Fridays Winner Gets River Cats Tickets!



Ainsley Mellor

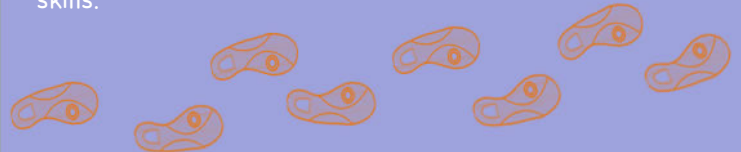
Congratulations to Ainsley Mellor who won four tickets to a River Cats game for her submission in the Footloose Fridays contest where she salutes her role as the walking school bus flag monitor. It's never too early to start volunteering!



Julianna Lawscha

Staying Healthy? It's a Cakewalk!

Every day is Footloose Friday for Julianna Lawscha, who walks to school five days a week! This ensures she gets extra time with her friends daily and a new charm every week. Julianna is also a member of the Cup Stacking Club and the Daisy Girl Scout Troop. You can also find her in the kitchen with her dad, baking and boosting her culinary skills.



Find and circle the words listed on the right in the puzzle. Then, write down your un-circled letters to decode the secret message!

R I E D E Y O U	HELMET
R B I N K S E I	LANE
S I G N A L N M	PEDAL
A P Y F B L E C	RIDE
A H E L M E T U	SAFETY
S T E D I R E M	SIGNAL
Y A Y I A S B I	
K E M O N L T H	

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