



# North Natomas

Transportation Management Association

## H. Allen Hight Walking Wednesdays NEWS



H. Allen Hight Sept./Oct. 2011

### Principal Goes the Distance

Raise your hand if you think you know what instrument Principal Taylor used to play when he was in the 4th grade! If you guessed trumpet, toot your own horn! These days, his instrument of choice is the piano and he also enjoys playing classical music at school to keep a "composed vibe" on campus, he says. His quest for adventure inspired him to ride his motorcycle from Texas to Michigan - a trip that spanned 1,300 miles and took several days - in the rain! (Kids, we recommend sticking to bikes in dry weather.) Mr. Taylor keeps fit and healthy by running about 3 to 5 times a week and by keeping to a vegetarian diet. Now, those are principals to live by!



### How Happy are Your Feet?



Welcome back all you biking and walking bugs! (And scootering skeeters!) A warm welcome, also, to those

who normally catch the bus or carpool. In fact, we say, "This newsletter is for you!"

Here, you will get to meet a couple of the super stars (out of many) who walk or bike to school as part of Walking Wednesdays. Hey, it's all about conserving our environment and reducing school traffic (which helps keep kids safe) by using pedestrian or pedal power, rather than an automobile. There are many benefits to throwing on your sneakers or jumping on your bike, including probably some that you didn't even realize! Of course, the program is a great way to get exercise, but it's also time to socialize with friends and parents - almost like an extra recess! What could be better than breathing in the fresh morning air, getting a front row seat to nature and making new friends?

### Walking Wednesdays: New & Improved!

#### 3rd through 6th Graders -- Win Prizes?!

Attention: 3rd through 6th graders! We got the hint that charms just weren't that charming anymore, so this year, instead of punch cards and trinkets, we are giving away prizes... worth each step you take! Every Wednesday you walk, bike or skate to school, you will receive a ticket to be entered into a drawing. Winners will be announced monthly and you could be the lucky recipient of prizes like: an iPod, a bike, a skateboard, movie tickets, digital camera or a classroom party for the class with the most raffle tickets. You do not want to miss out on this, so get movin'!



#### K through 2nd Graders -- How Charming!

Kindergarten through 2nd grade students, just walk, bike or scooter to school on Wednesdays and look for the Walking Wednesdays table, located at the East entrance. There, you will receive your punch card, which you will present each Wednesday you walk. Get it punched for chances to earn a different colored charm every two weeks. Remember, cards will not be punched after the 8:00 a.m. bell rings and lost cards can be replaced but the punches cannot. Keep them safe! If you live too far to foot it from home, meet up with the walking school bus at 7:30 a.m. at Kokomo Park where students and adults trek together as a group.



### UPCOMING EVENTS:

- Every Wednesday - Walking Wednesdays
- September 28 - Walk to School Day and Walktober Launch Party
- October 5 - Picture Day and Free Dress Day
- October 11 - PTA Meeting, 6:30 pm
- October 28 - Harvest Festival

IN PARTNERSHIP WITH  
NUSD SAFE ROUTES TO SCHOOL



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



### 2011 May Is Bike Month: Results!



To all of you who walked or biked as part of the May is Bike Month challenge, give yourself a big pat on the back... all eight participating North Natomas schools ranked in the region's top 16 schools for most miles ridden.

About 44,864 miles were ridden by students and teachers throughout the

month and the average number of trips cycled by participating students increased from 33 to 47, with an increase of 31% miles ridden from last year.

H. Allen Hight, you pedaled your way through 15,594 trips... which equals about 7,797 miles! Watch out, Amgen!

### PTA President Walks, Kicks and Hikes to the Beat



If she's not getting her blood pumping in the great outdoors or in a Zumba dance class, PTA President Christa Erlank does not have happy feet.

Together as a family, the Erlanks love to do all things outdoors including biking and hiking. Recently, they took a trip to Tahoe and got to play in a huge snow storm which was almost magical, she says.

Christa, who was born and raised in South Africa, has always been athletic and loves playing all kinds of sports including, soccer, hockey, scuba diving and body building. She also coaches her son's soccer team - boys six and under.

Want to meet her? You can find Christa leading the Walking School Bus from Kokomo Park every Wednesday or making speeches as President of the PTA. "A major goal for me this year is to do a fantastic job as the new PTA President!"

### Hop on the Walking School Bus

No distance is too great between friends or saving the environment! Even if you live too far from school to make the entire Walking Wednesday trek, get dropped off at Kokomo Park at 7:30 a.m. to join the Walking School Bus. The group, lead by an adult volunteer, will leave at 7:40 a.m. Make sure to wear your comfortable shoes!

### Walktober!

Now, it's easy to keep your ghoulish figure in the month of October, so Halloween candy move over and make room for walking, and winning cool prizes with NNTMA's "Walktober"



challenge! Coming this October, students will be walking, biking, skating and scootering to and from school with the hope of earning an invitation to an exclusive celebration featuring food, music, balloons, prizes and more.

How does it work? Students pledge to walk a certain number of trips to school and every student who meets or exceeds their number of pledged walking (or biking, skating, scootering) trips, automatically gets invited to the exclusive celebration. Students with the most walking days have a chance to win one of the grand prizes!

The NNTMA will send out information and pledge cards in each student's packet, or, you can find the information on display at school leading up to the Walktober Walk-to-School Day event on September 28th. So break in your walking shoes and be sure to turn in your pledge card as soon as you see it!



### FIND YOUR WAY BACK TO SCHOOL!

