



North Natomas

Transportation Management Association

Natomas Park Walking Wednesdays NEWS



Natomas Park Sept./Oct. 2011

A "Dandy-lion" of a Principal

It's possible that Principal Brent Johnson's love of the Walking Wednesdays program has something to do with his fascination for early California history - both are free from cars and dull moments! "The best parts of the program are the students' excitement and the significant lack of traffic on Wednesdays," he says. "Our hope is that it starts to spill into other days as well." Delving deeper into the lesson on history, Mr. Johnson says he loves to imagine what life must have been like in different eras, and one of his all-time favorite books, a historical fiction, is *Dandelion Wine* by Ray Bradbury. "It paints a vivid picture of time and has many special stories within a story."



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, to you 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 our own 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 the perfect time to socialize with friends and teachers - 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 -- 6th Graders: Win a Bike?!

Attention! 3rd through 6th graders! We got the hint that the charms might have lost their charm, so this year instead of punch cards and trinkets, we're giving away real prizes worth each step and scoot! Every Wednesday you walk, bike or skate to school, you will receive a ticket to be entered into a monthly drawing where winners will be announced and have the chance to collect prizes such as: an iPod, a bike, skateboard, movie tickets, digital camera or a party for the class that collects the most raffle tickets! What's your favorite day of the week now?!



Kindergarten -- 2nd Graders: How Charming!

Kindergarten through 2nd grade students, if you want to join in the fun, just walk, bike or scooter to school on Wednesdays! Look for the Walking Wednesdays table, located in the quad. There, you will receive a punch card, which you will present each Wednesday you walk. Get it punched to earn colored charms each week! Remember, cards will not be punched after the 7:45 a.m. bell rings and lost cards can be replaced but the punches cannot so, keep them safe!



UPCOMING EVENTS:

- Every Wednesday - Walking Wednesdays
- September 16 - PTA Carnival
- September 29 - Walk to School Day and Walktober Launch Party
- October 5 - PTA Meeting
- October 14 - Bike Rodeo, 1:30 p.m. - 4 p.m.

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 kim@nntma.org - 419-9955



Walktober!



It's easy to keep your ghoulish figure in the month of October! 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 the exclusive celebration featuring food, music, balloons, prizes and more.

How does it work? Students pledge a certain amount of walking to and from school in order to be entered into the contest.

Every student who meets or exceeds their number of pledged walking (or biking, skating, scootering) days, automatically gets invited to the exclusive celebration. The students with the most walking days have the chance to win grand prizes!

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 29th. So break in your walking shoes and be sure to turn in your pledge card as soon as you see it!

Your Wish is Granted!

Have a great idea for a fun project related to transportation like walking, biking, driver safety or even promoting health? Want to put it into action? Apply for a \$300 mini-grant offered exclusively to your school. Student, parent and teacher groups are encouraged to apply. To get more details, contact Mellissa Meng at 419-9955 or Mellissa@nntma.org.

2011 May Is Bike Month: Results!



To all of you who participated in 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 pedaled.

About a total of 44,864 miles were traveled 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! Natomas Park, you cycled 12,275 trips which equals about 6,138 miles! Watch out, Amgen, here we come!

For the Love of Ladybugs



Deanna Yee seems to have a knack for juggling: family, PTA and helping others on a global scale. We think we've figured out the trick: her family trickles into

every part of her life. Take for instance her volunteer involvement in the Walking Wednesdays program. Of course, seeing the kids enjoy the charms is one of the most rewarding parts, but one of the absolute highlights is finding daisy bushes filled with new ladybugs in the springtime, she says.

"My girls love to look at and hold the little bugs."

Deanna's "free" time is devoted to NPE's PTA as well as her and her families' involvement with World Vision, an organization best known for helping orphans and the poor worldwide. "We strongly believe in its purpose," she says.

FIND YOUR WAY BACK TO SCHOOL!

