



North Natomas

Transportation Management Association

Regency Park Two Feet Tuesdays NEWS



Regency Sept./Oct. 2011

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 one is for you!" In this newsletter, you will get to meet a couple of the people (out of many) who walk or bike to school as part of Two Feet Tuesdays. 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 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?



UPCOMING EVENTS:

Every Tuesday - Two Feet Tuesday
September 27 - Walk to School Day and Walktober Launch Party
September 27 - Multicultural Heritage and Family Recipe Night
October 21 - Fall Festival
October 24 - 28 - Red Ribbon Week
October 31 - No School



It's a Bird! It's Rain! It's ...

A bunch of bugs splattering on Principal Mike Reed's helmet as he commutes home from school on his bike!

"The bugs really did sound like rain," he says. "I had to keep my mouth closed." Extra-winged protein aside, he says the best part about Two Feet Tuesdays is seeing the families together getting that extra time to bond.

Principal Reed and his wife, Kris, have two daughters and they are all very active in scouting and softball in the North Natomas area. In fact, his oldest daughter was named to the all-star team this year and the youngest will be moving on to play softball next year.

Two Feet Tuesdays: New & Improved!

Attention 3rd through 5th graders!

Attention 3rd through 5th graders! We are changing up Two Feet Tuesdays this year. Instead of punch cards and charms, we're raising the stakes... with prizes worth each step! Every Tuesday 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 tickets to Six Flags, an iPod, a bike, skateboard, movie tickets, a digital camera or a classroom party for the class with the winning raffle ticket. You don't want to miss out so get movin'!



K through 2nd Graders -- How Charming!

Kindergarten through 2nd grade students, this program is for you! Just walk, bike or scooter to school on Tuesdays and look for the Two Feet Tuesdays table where you will receive a punch card and punches each week. Earn different colored charms for your punches! Remember, cards will not be punched after the 9:00 a.m. bell rings, and lost cards can be replaced but the punches cannot so keep them safe!

IN PARTNERSHIP WITH
TWIN RIVERS SCHOOL DISTRICT

TwinRivers
UNIFIED SCHOOL DISTRICT

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



Parent Volunteer "Taz's" Out



When we asked Tish Abraham what cartoon best represented her, she said "Tazmanian Devil!" (You know, the one that whirls around in the desert leaving a sand storm in his wake?) She says she can relate to Taz because her life is constantly on the go as a mother of four, a Two Feet Tuesdays volunteer, cookie mom, PTA Treasurer, full time Realtor and Girl Scout assistant leader. Phew!

On one occasion, Tish took her Girl Scout Troop on a camping trip to Pescadero and tells this story: "I don't know how forest fires get started because two Girl Scout moms could not keep a fire going if our lives depended on it. The first night we ended up having to take the girls 20 miles into town to get dinner!" While they didn't make that trip on foot, Tish gets excited about Two Feet Tuesdays and recalls a conversation she had with two of her kids that still tickles her funny bone. Tish asked her child, "How did you get to school today?"

"Walked," the child said.

"No you didn't!" said the younger sibling. "We came in the car!!"

Sometimes the truth just isn't very environmentally friendly.

2011 May Is Bike Month: Regency Wins!



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... Regency won the regional May is Bike Month trophy for the school that biked the most miles out of 83 schools! How many miles? 10,034! Unbelievable!

In total, all eight participating North

Natomas schools ranked in the region's top 16 schools for the most miles pedaled. About 44,864 miles were traveled 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. Let's keep the spirit of May alive in the Fall!

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 NNTMAS "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 Walktober challenge celebration featuring food, music, balloons, prizes and more.



How does it work? Students pledge to 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 or scootering) days, automatically gets invited to the exclusive celebration. Students with the most walking days have a chance to win one of the 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 27th. 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!

