



North Natomas

Transportation Management Association

Westlake Charter Walking Wednesdays and Fridays NEWS



Westlake DPC Sept./Oct. 2011

Walking Wednesdays & Fridays: How Charming!

Students of Westlake Del Paso Campus, if you want to join in the fun of walking to school this year, Wednesdays & Fridays are the best times to get started. You can walk, bike, skate or scooter to school and be rewarded with charms! Each morning you walk, get your card punched by a walking school bus volunteer, or at the Walking Table, located near the front office. The more you walk, the more different colored charms you receive. Remember, cards will not be punched after 8:30 a.m. Lost cards can be replaced but the punches cannot so keep them safe!



How Happy Are Your Feet?



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

school via four wheels. 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 Westlake's walking program. It's all about conserving the environment and reducing school traffic (which helps keep kids safe) by using pedestrian or pedal power, rather than an automobile.

There are so many benefits to walking or biking, and probably some that you didn't even realize! Of course, exercise is one benefit, but this program is also a great time to socialize with friends and teachers. It's almost like an extra recess! What could be better than breathing in the fresh morning air, seeing some nature and making new friends?

A Real Shark Tale

Ever seen a shark on TV or in the movies? Next time you're walking to school, find Mr. Capp, Executive Director of Westlake Charter Schools, and ask him to tell you a real shark tale! He's an avid SCUBA* diver, and spends much of his free time swimming with dozens of sharks - while they are feeding! Mr. Capp has splashed around with Caribbean Reef sharks, Lemon sharks, Bull sharks and Nurse sharks to name a few. "I also dive in ship wrecks and caverns," he says.



Mr. Capp is a big fan of walking days because of the sense of community it brings to the school and because it helps solve the traffic problem that exists at both campuses. When he's not trekking on foot, he and his wife tootle around on their tandem bike for fun!

*Did you know that SCUBA stands for Self Contained Underwater Breathing Apparatus?



UPCOMING EVENTS:

- Every Wednesday & Friday - Walking Days
- Everyday - Bike Train to School
- September 16 - Westlake Golf Tourney
- September 28 - Family Night Out at Rubio's Tacos

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@ntma.org - 419-9955



Business Owners Get with the Program



When you think of Westlake walking programs, you probably think of students, teachers and parents. However, the list of participants doesn't stop there. Meet the owners of AIM Mail Center: Dan and Susan Trescott, who support the programs through volunteering their time and their store.

For the 3rd year, the small business has served as a drop off point for Westlake Charter School, opening its doors at 7:45 a.m. on Wednesdays and Fridays to provide students and parents a safe, controlled environment in which to gather. This comes in particularly handy during the wet and rainy season! Dan and his wife even "trained" two 5th graders on how to open the store. "They got hands on instruction about the cash register, copy machine, weighing items on the scale, scanning bar codes and operating the cash register. By the end of the school year, all I had to do was watch!" says Dan.

One of Dan's favorite musicians is Jimmy Buffett, who he admires because "his life has been full of challenges, in both his personal life and career. The whole time he kept his focus on his goals and maintained his relaxed outlook on life. I would be perfectly content sailing the islands around the Florida Keys and living the island lifestyle... except I don't eat fish!!"

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 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.

Westlake Charter pedaled its heart out with a total of 6,951 trips. This is the same as 3,475 miles!

Jump on the Bike Train!

Start your morning off with a little wind in your hair by joining the Bike Train! Every day, weather permitting, a volunteer parent will lead a group of two-wheeling whiz kids from the cul-de-sac at Callison Dr. and Westlake Parkway to school. The group will depart at 8:10 a.m. for the one mile ride. Students must know how to ride without training wheels, and helmets and locks are required. See Facebook page: *Westlake Bike Train* to complete the waiver and participate. All aboard!

FIND YOUR WAY BACK TO SCHOOL!

