



# North Natomas

Transportation Management Association

Westlake  
Charter  
Middle School

## Two Feet Tuesdays and Thursdays



Westlake ECC 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 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 Two Feet T&T. 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?



### UPCOMING EVENTS:

- Every Tuesday & Thursday - Walking Days
- September 16 - Westlake Golf Tourney
- September 28 - Family Night Out at Rubio's Tacos
- October, date TBA - WCS Harvest Festival

### Two Feet Tuesdays & Thursdays: New & Improved!

Attention East Commerce Westlakers! Good news! The walking program just got even better as we are trading in the old punch cards and charms for real prizes instead! Every Tuesday & Thursday you walk, bike or skate to school, you will receive a ticket to be entered into a drawing for prizes so good, they are worth every step. Winners will be announced monthly and prizes include things like: an iPod, a bike, a skateboard, movie tickets, digital camera or a party for the class that collects the highest number of raffle tickets. What's your favorite day of the week now?!



### 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?

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](mailto: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.

In his down time, Dan is what you would call a Parrothead, someone who really loves Jimmy Buffett. Dan admires Buffett 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](mailto: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. That's 3,475 miles! Oh my!



### FIND YOUR WAY BACK TO SCHOOL!

