



COMMUNITY  
ENGAGEMENT  
UNIT

SCHOOL-  
COMMUNITY  
PARTNERSHIP  
PROGRAM

School Wellness Conference

February 9, 2019

Traci Traasdahl, Safe Routes to School Coordinator







# Safe Routes To School



**CCSD School-Community Partnership Program**  
**Traci Traasdahl, Safe Routes to School Coordinator**  
**702-799-6560**

# Safe Routes To School

## Goals for this presentation:

- Educate School Wellness representatives about Safe Routes to School
- Discuss Safe Routes to School programs to increase student active transportation



# WHAT IS SAFE ROUTES TO SCHOOL? (SRTS)

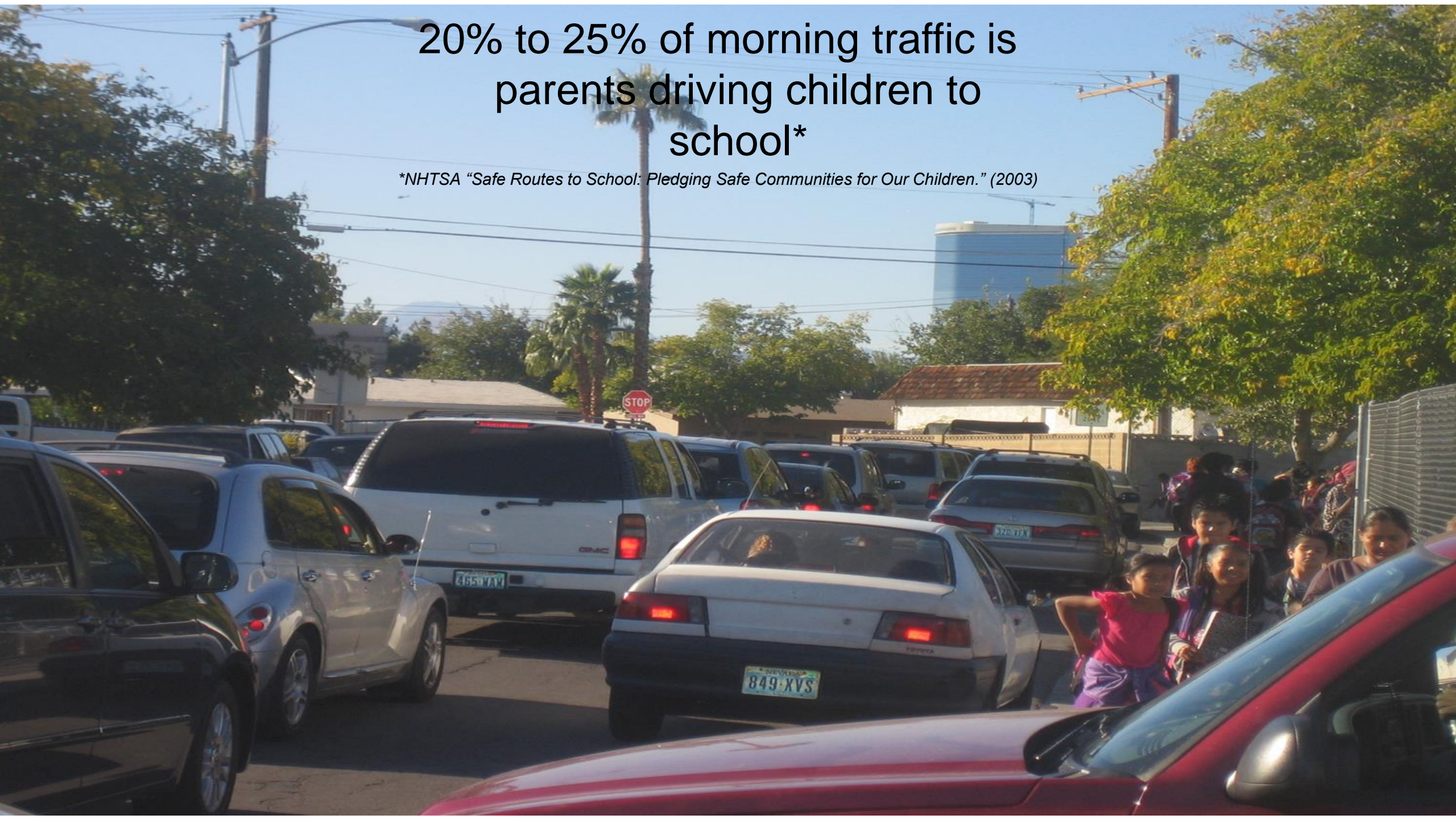
SRTS is a national and international movement to create safe, convenient, and fun opportunities for children to bicycle and walk to and from schools.





20% to 25% of morning traffic is  
parents driving children to  
school\*

*\*NHTSA "Safe Routes to School: Pledging Safe Communities for Our Children." (2003)*





...instead of *this* can be alarming.



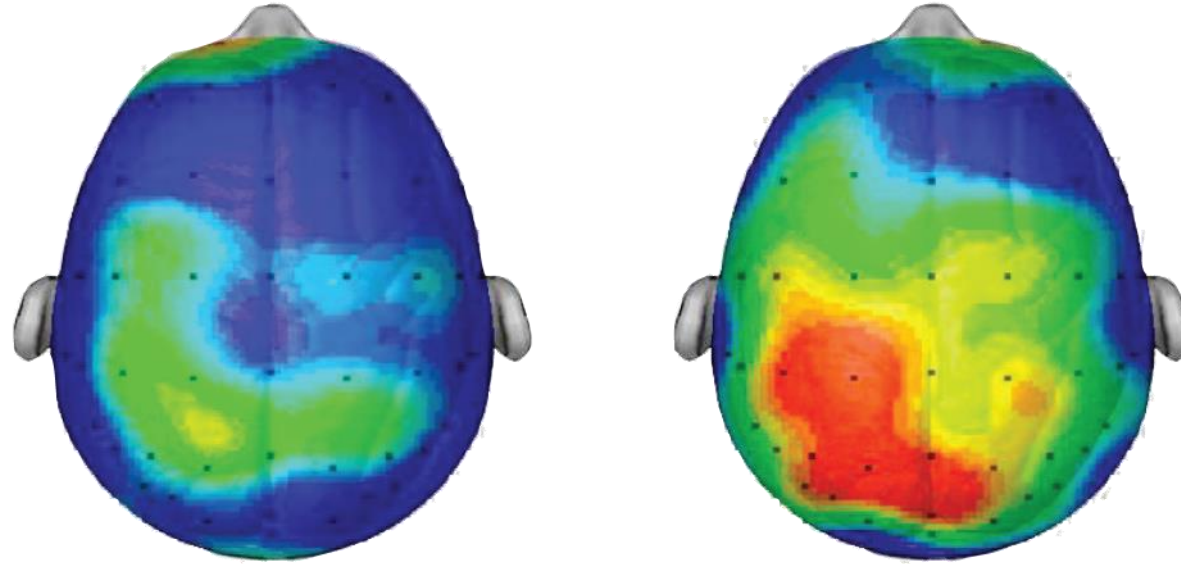


# Today...

- Fewer kids are biking and walking to a school
  - 1969: 48% walked
  - 2001: 13% walked
  - 2012: 12% walked



Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

Research/Scan compliments of Dr.Chuck Hillman University of Illinois

“Exercise is like Miracle-Gro for the brain, it puts the brain of the learners in the optimal position for them to learn.”

John Ratey, MD Harvard Medical School



# The 6 E's of Safe Routes to School

- Education
- Encouragement
- Enforcement
- Engineering
- Evaluation
- Equity



# SAFE ROUTES TO SCHOOL PROGRAMS

- Parent Meetings
- No U Turn Banner Campaign
- Thank You For Driving Safely Campaign
- Parent Meetings
- Bicycle and Pedestrian Safety Assemblies
- Bicycle Rodeos
- Walk and Roll Program





# SRTS PROGRAMS...

- Improve walking and bicycling conditions
- Decrease traffic congestion around schools
- Increase physical activity opportunities
- Decrease air pollution



LVMPD Safety Fair at Freedom Park

# BICYCLE RODEOS

## What is a Bike Rodeo?

- Teaches basic bicycle safety and handling skills
- Students progress through skill stations

## How can SRTS help?

- Train The Trainer course
- Bike Trailer- 13 bikes, 6 striders, helmets, cones & materials for stations
- Experienced volunteer connections

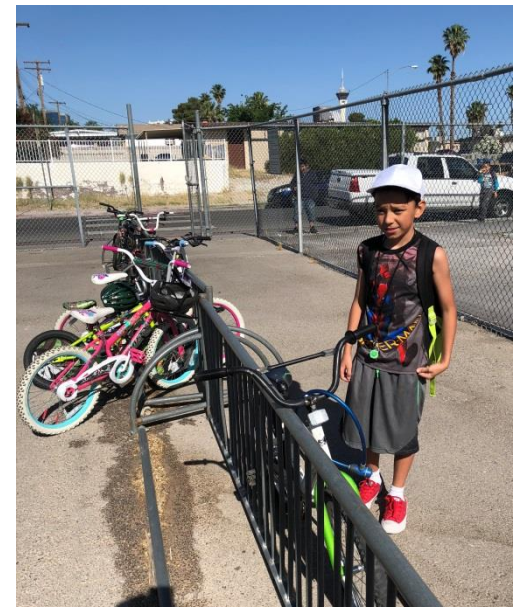




# WHEELIE WEDNESDAYS!



Robert  
Lake ES





# What is a Walking School Bus (WSB)?

- A group of children walking to school with one or more parents

**TRANSPORTATION IS ONE OF THE KEY BARRIERS TO ATTENDANCE THAT CONTRIBUTES TO CHRONIC ABSENTEEISM AND TARDINESS**



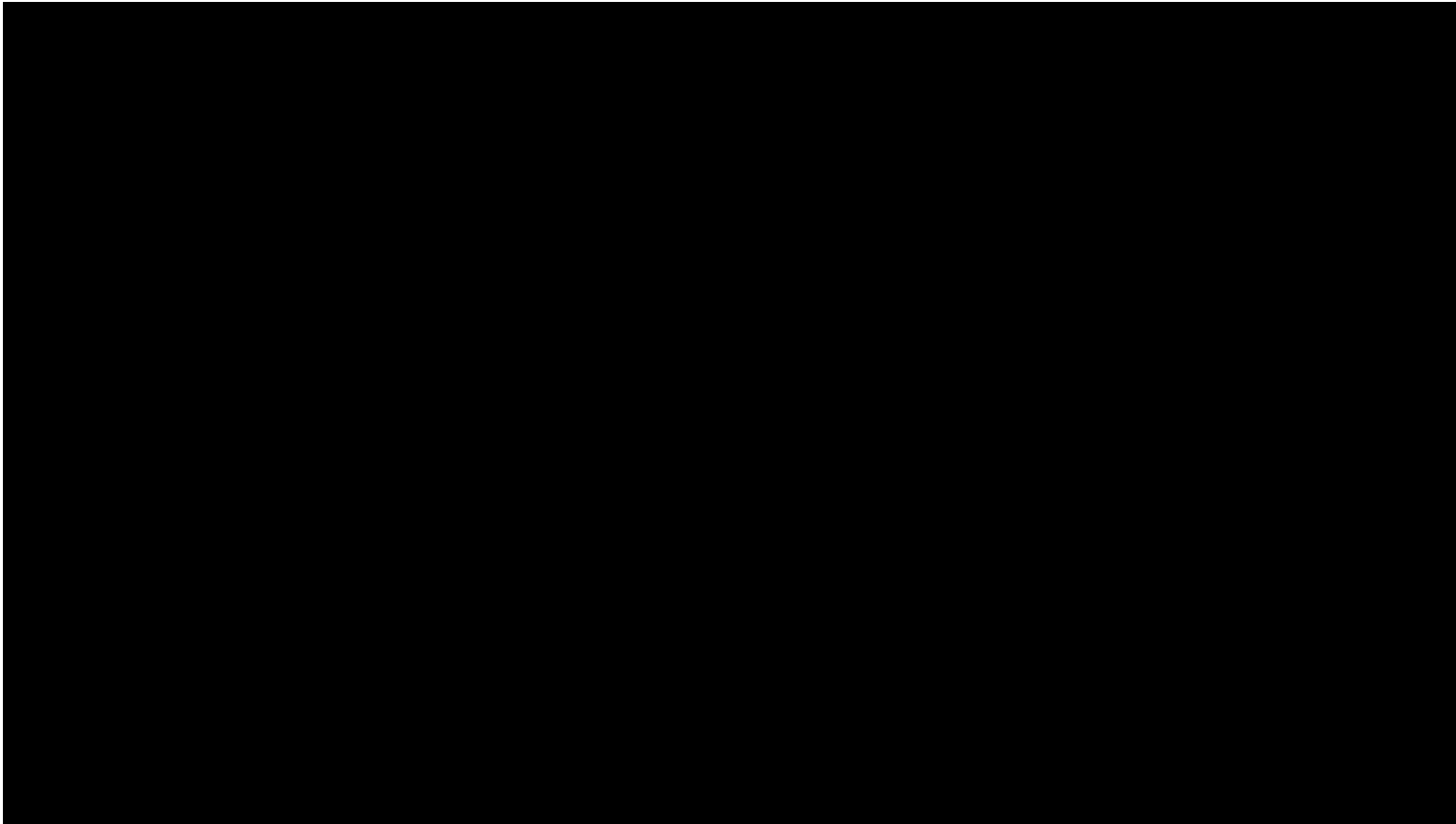
JT McWilliams

Pick up others at home or corners along the way.

- Improves safety, increases physical activity, gets kids to school on time.
- Group of children walking together.
- Usually, accompanied by parent or volunteer.
- Can be daily or weekly.



# Walking School Bus





# \$450 Incentive Walk & Roll Opportunity!

## Safe Routes To School



- \$450 package includes:**
- cardstock paper
  - silver chains
  - Frosty Toes
  - Glow Toes
  - Twinkle Toes
  - hole-punch foot shape helmets (bicyclists in need of helmets)
  - Medal Awards
- Suggested program details provided and strongly encouraged to use with the incentives.

To support a weekly walking and rolling program at your school starting March 4, 2019

Each school will receive two bikes, helmet, and lock to give away at the end of the program!



- Requirements:**
- Complete application
  - Email application to [cabrem2@nv.ccsd.net](mailto:cabrem2@nv.ccsd.net) by February 19, 2019 deadline
  - Start program by March 4, 2019 (10-week program)

10 schools will be awarded!

- cardstock**
  - Create small monthly punch cards.
  - This is how you will keep track of walking.
- toe tokens**
  - Use these to motivate students each month
  - Students will collect all three styles
- Medal awards**
  - Give these to students who participated in every weekly walking event.



- Silver Chains**
  - Given the first week of program
- foot shape punch**
  - Used to punch weekly cards

Movin' Monday, Trekking Tuesdays, Walking Wednesdays

For more information about this event call the School-Community Partnership Program, Safe Routes to School office at 702-799-6560.

**Disclaimer:** This is a Safe Routes to School activity. If your child participates, you acknowledge that the activity involves a risk of injury and hereby acknowledge that Clark County School District is not responsible for any losses, damages, harm, liability, costs, or expenses incurred by participation in any Safe Routes to School activities or programs.

**Disclaimer:** This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program\_ SNAP. For more information call SNAP-(775) 684-7200





# CLOSING COMMENTS and QUESTIONS

Call 702-799-6560 or visit  
[www.saferoutestoschool.ccsd.net](http://www.saferoutestoschool.ccsd.net)



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