School Wellness Conference
February 9, 2019
Traci Traasdahl, Safe Routes to School Coordinator
CCSD School-Community Partnership Program
Traci Traasdahl, Safe Routes to School Coordinator
702-799-6560
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*

...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
“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
  • 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!

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.cccd.net by February 19, 2019 deadline
- Start program by March 4, 2019 (10-week program)

10 schools will be awarded!

Movin' Monday, Trekking Tuesdays, Walking Wednesdays

Cardstock
- Create small monthly punch cards
- This is how you will keep track of walking

Token cards
- 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

For more information about this event call the School-Community Partnership Program, Safe Routes to School office at 702-709-6560.

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, disability, cost, or expenses incurred by participation in any Safe Routes to School activities or programs.

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CLOSING COMMENTS and QUESTIONS

Call 702-799-6560 or visit www.saferoutestoschool.ccsd.net
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