



Safe Routes to Schools Alameda County

Healthy Kids, Safer Streets, Strong Communities

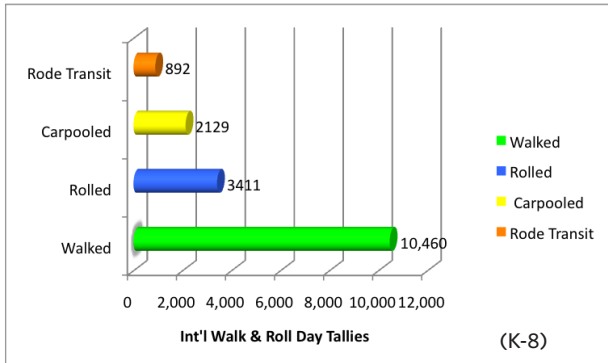
International Walk & Roll to School Day 2013

On Wednesday, October 9th a record number of kids in Alameda County's elementary, middle and high schools walked and rolled to school. With the help of Alameda County Safe Routes to Schools,

electd leaders, principals, teachers, students and parents encouraged an active and healthy morning of travel to school. With our bright yellow travel mode charts, we tallied 21,358 kids, of whom 10,460 walked, 3,411 rolled, 892 rode transit, and 2,129 carpooled—which translates to almost 80% who arrived to school in a more sustainable way! We had many special guests join activities and events: Supervisor Scott Haggerty in Dublin's Dougherty Elementary, Supervisor Nate Miley in Pleasanton's Mohr Elementary, Supervisor

Keith Carson in Berkeley's Rosa Parks Elementary, Vice Mayor Michael Gregory of San Leandro at Washington Elementary, and Dublin Mayor Tim Sbranti at Dublin High School, just to name a few.

Best of all, we are now engaging over 100 schools and this is a great kickoff to a year of monthly, and for some weekly, Walk & Roll Days. It's exciting to see this program spread out from the urban core to large suburban schools in South and East County, and to see how it takes shape in each individual school.



Strolling at Strobridge

In Hayward, Principal Charles Hill of Strobridge Elementary wanted to show families just how easy it is to walk or roll to school. Every morning during International Walk & Roll to School Week, he led a Walking School Bus from various different locations. Parents dropped their students off at one of the designated intersections to join the walking group, or joined in along the way. As the week went on, the Walking School Bus gained popularity and by the end of the week had upwards of 75 students participating. As a principal of a



first year school of the Safe Routes to Schools program, Principal Hill is looking forward to using the excitement and momentum of the Walking School Buses to encourage families to continue to walk and roll throughout the year.

Principal Hill (center back) leading a Walking School Bus with Strobridge students and parent volunteers on International Walk & Roll to School Day.

High School Walk & Roll Homecoming



Isaiah and Kaila, members of the student club buildOn, help out at Walk & Roll to School Day at Oakland Tech.

The Safe Routes High School Program has 6 high schools participating in the 2013-14 school year. This fall, they tried something new - aligning Walk & Roll to School Day with homecoming week. At morning check in, students received class points for walking, rolling, carpooling, or taking transit to school. Mode charts were divided into a grid, so that students could mark their mode and class (freshman, sophomore, junior or senior) with a sticky dot.

At every school, freshman ranked at the top! At lunchtime, schools hosted mini bike festivals where the BikeMobile provided

free bike repair, students used their pedal power to make bike blended smoothies, and they spun the bike trivia wheel, showing off their bike and pedestrian safety knowledge. Student leaders organized each event in partnership with our high school program manager, Alissa Kronovet. Overall, collaboration with homecoming events allowed us to increase our high school Walk & Roll participation this year by 33%. Way to go high schools!



Cornell Steps it Up with Weekly Walk & Roll Wednesdays

Cornell Elementary in Albany welcomes Iremar Bodell, the new Safe Routes to Schools parent Champion. Iremar led the school in organizing Weekly Walk & Roll to School days, a first in Alameda County. Iremar loves to walk, and is sharing her passion with the students and families at Cornell. With the help of parent volunteers and student council members the Weekly Walk & Roll Wednesday is making its mark. Principal Wendy Holmes, a big fan of Safe Routes to Schools, says "Our students are enthusiastically participating in the Walk & Roll to School Wednesdays. More families are getting out of their cars and riding bikes, scooters, and using their feet to get to school. It's been a really successful program at Cornell."

Iremar says it's not difficult, "all you need is to be dedicated and willing to get to school 15 minutes early to set up." One morning she witnessed a student running up to the table with excitement to check off his name and get his Walk & Roll sticker, however, his father was watching

and caught up with him to say "we didn't walk this morning, we came in the car", his son tried to argue that he walked from the car. His father didn't buy it; but reminded him that he could try again next week — if he wanted to make an effort to get up earlier, enjoy the morning walk and



Iremar on Walk & Roll to School Day walking with her daughter Amelie (left) and her friend Thalia (right).

then receive the well-deserved sticker of encouragement reserved for those who did indeed walk or roll to school.

Iremar is surprised at the number of parents who want to help at the morning check in table. It's gaining its own popularity and becoming an activity that people want to be a part of. The kids are thrilled to have the opportunity to celebrate walking and rolling on a weekly basis. The benefits aren't bad either—less congestion around the school, more kids getting active in the morning, and fewer greenhouse gasses in the air.

A special thanks to the following parents for making the time in the morning to lend a helping hand: Derek Small, Siu-Ling Angelidis, Jim Vorhis, Mitchelyn Clark, Michel Witwer, and Bronwyn Eisenberg. We would also like to thank the following students: Lia Eisenberg, Hanah Seidner, Oliver Rosenthal, Harris Rahman, Leo Peterson and Amelie Chenevert.

Safe Routes Champions Get Connected!

Alameda Safe Routes to Schools, now in its 7th year, has tried out a lot of different ideas and worked with parents from all over the county. These amazing volunteers have lots of experience with what works and what doesn't. There is now a pool of veteran champions with brilliant ideas about how to make a Walk & Roll to School Day more fun, and how to keep it new and exciting from year to year.

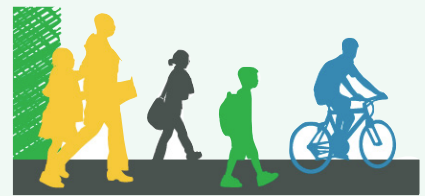
Olivia Rebenal, Safe Routes Parent Champion at Lincoln Middle School in Alameda, wanted a way to connect with other champions from around the county that aren't in her local walk and roll network. With the help of Rachel Davidman, from the Safe Routes program, she created a Champion Google Group (list serve)

where Safe Routes Champions from Alameda County Schools (elementary, middle and high) are invited to share ideas, exchange resources and support one another's Safe Routes efforts. You can ask questions to veteran Champions, share fun and creative ideas, and post interesting resources or contacts. Champions are invited to use each other as a resource to strengthen, enhance and keep program events and activities fresh and exciting.

Please consider joining!

<https://groups.google.com/d/forum/funroutestoschool>

Safe Routes Educator Guide 2.0



A partnership between Alameda County Safe Routes to Schools and San Mateo County Safe Routes to School enabled the *Walk & Roll K-5 Educator Guide: Activities for Creating Safe and Healthy Communities*, to be upgraded and revised to address the new Common Core Standards. Rachel Davidman, Education Program Manager and Daina Lujan, San Mateo County Program Coordinator worked to make revisions and deliver this 2nd edition, a product that teachers and after school program providers will find up-to-date and user friendly. The Guide features easy to use, bite size activities that address pedestrian safety, health benefits of walking and rolling, the environmental impact of our travel choices, the ways in which active travel can create community and includes tools for assessing the walkability of a neighborhood.

To schedule a Walk & Roll Educator Guide presentation for your school, contact Rachel Davidman at rachel@alamedacountysr2s.org.

Alameda County Safe Routes Shines at National Conference

The Safe Routes to Schools National Conference in Sacramento this August brought together school leaders, elected officials, government staff, professionals in planning, transportation, public health, architecture, public works, and parks and recreation, advocates for equity, environmental justice; youth, older adults, and environmentalists. The Safe Routes Alameda County staff were there, ready to learn, share... and receive some bikes! We introduced some of our favorite fun materials in our *Interactivity Lab: Hands on for Feet First*. SR2S staff Aiyana Knowles, Terry Kelley-Farias, and Carrie Harvilla invited attendees to spin the bike trivia wheel, pedal the bike blender, and hoist the Golden Sneaker trophy high! Safe Routes supporters from around the country left knowing how make and customize these materials—we're excited to help grow the movement nationwide.

Our high school program, led by Alissa Kronovet, brought youth to the conference as panel members for a session entitled, *High School Student Leaders Can Build Thriving Active Transportation Events and Campaigns*. Students and adult leaders explored the process and approach of engaging teens in meaningful and interactive participation in Safe Routes programs. Empowered youth presenters shared their stories and passion for increasing active transportation at their respective schools.

In addition to bringing home lots of new good ideas, we also were fortunate to bring home some new bikes! Our program was one of three regional non-profit organizations to be the recipient of bicycles donated by the conference's Charitable Bike Build. Our ten new bikes were built throughout the event by mechanics and attendees. Experience tells us that little is

more inspiring than the prospect of a shiny new bicycle. We are excited to use the generous donation of bikes to motivate students to consider how bicycling can positively impact their lives and communities. With these bikes, we hope to inspire some of our youngest students to start bicycling to school from the start and encourage our High School Students to pedal right into adulthood.