



What's Rolling On?

Safe Routes to Schools Alameda County

Fall Newsletter 2010

International Walk or Roll to School Day a Huge Success

With 70 schools participating, Alameda County joined schools around the world in celebrating and increasing awareness about the joys and benefits of walking and rolling to school. Many thanks and congratulations to the thousands of students, parents and volunteers who made this event a success.

We hope schools will use the excitement built in October to continue to do monthly or even weekly Walk or Roll to School Days and/or to continue to work on ways to increase the number of students that walk or roll to school.

Oakland

Glenview Elementary School Mom, Delana, shares an inspiring success story from her school. *I began walking my daughter to school, and then started picking up other kids along the way. Eventually it turned into a Walking School Bus, with up to 11 students. I enjoyed walking so much that I wanted to continue after dropping the kids off at school, so started walking for an hour every day after leaving all children at school. Other parents began to join me, and now a group ranging from two up to as many as fourteen parents walks for at least an hour every morning. Sometimes people will bring their dogs along. We've discovered new streets and paths in our neighborhood. Best of all, the new principal heard that we were walking and decided to join us every Friday. Then teachers heard about the walking group and they wanted to join too. So the principal offered to relieve any teacher who wants to walk so that the teachers can take turns participating on Fridays.*



Delana with students at Glenview.

This story exemplifies everything that's best about this program -- changing the lives not only of the kids, but also the parents, teachers, and even the principal; and building community in the school neighborhood.

Alameda

This was the eleventh year that the City of Alameda has celebrated International Walk or Roll to School Day! All 11 elementary schools, plus 2 middle schools participated in the festivities. Every year, Alameda finds new ways to make International Walk and Roll to School Day engaging, meaningful and fun! A highlight: the morning "dance party" at Wood Middle School!

Berkeley & Albany

Ten elementary schools plus King Middle School celebrated in Berkeley. Bike racks at many of the schools were overflowing. The City of Berkeley Health Dept. sent volunteers to selected schools, and Cycles of Change provided bike repair service. Students at King were asked to guesstimate the distance they walked or rolled and many were surprised at their distance traveled. A highlight: at Thousand Oaks the Berkeley Bike Police greeted students at the mode chart.

In Albany, students at Cornell made smoothies on the bike blender, and volunteers were hard at work at all 3 elementary schools and the middle school installing bike lights on bikes. A highlight: bike racks at all the schools were overflowing.

San Leandro

The City of San Leandro held a weeklong celebration with schools participating on different days. SLUD and School Board Members thought International Walk or Roll to School Week was so important that they unanimously passed resolution #10-59 in support of the celebration. A highlight: City officials Mayor Tony Santos and Council Member Gregory, the San Leandro Police and Departments of Transportation & Engineering joined the festivities by volunteering at many of the schools.



Bike rack at King.

Unincorporated Areas

The Unincorporated Areas of Alameda County had great success with partners coming together to organize giveaways for the event. The Alameda County Public Works Agency, the office of Alameda County Supervisor Nate Miley, Alameda County Probation Department, Furthering Youth Inspiration-a program of the Deputy Sheriff's Activities League, Safe Routes to Schools, and other agencies worked hard to stuff 2500 bags for all five schools. They learned a lot about how to maximize their efforts and were very pleased to see the events go so smoothly at the schools.



Walking School Bus leaders at Longwood.

Union City & Hayward

Building on the work that began last spring the New Haven Unified School District used the event to kick off a year of expansion in Union City and South Hayward.

Longwood Elementary in Hayward celebrated with 12 Walking School Bus leaders, Clif Bar support, and participation from Hayward Councilmember Mark Salinas. CommPre, a non-profit drug and alcohol prevention organization in Hayward co-organized the event. Jenny Zegarra, a Walking School Bus leader says, "We need to stand together as parents and do what's right for our children and the community- this is showing how organized we are as a school." A highlight: community members from CommPre walked to school with kids and families.

We Couldn't Have Done it Without You!

This county-wide event would not have been possible without the generous support from all of the parent and community champions and volunteers, County Supervisor Nate Miley, County Supervisor Alice Lai-Bitker, San Leandro Mayor Tony Santos, San Leandro City Councilmember Michael Gregory, Oakland City Council members Jean Quan and Pat Kernighan, and the generous and tasty donations from Alameda County Community Food Bank and Clif Bar. For a complete thank you list of our wonderful partners visit our website at transformca.org/sr2s.

Welcome Aboard Carrie Harvilla

We welcome Carrie Harvilla, our newest Safe Routes to Schools Site Coordinator. She is replacing Erika Rincon-Whitcomb, who left SR2S this fall to attend graduate school. We're excited to see SR2S grow in Union City and Fremont, where Carrie will be primarily focused. She will also be working with schools in Oakland and Newark. Prior to joining TransForm, Carrie was the Outreach Coordinator for the East Bay Bicycle Coalition. You may see her rolling up to schools on her bicycle, showing students how it's done!



County Spotlight: What is Happening in Livermore?

In an effort to connect further with the Tri-Valley region, Safe Routes to Schools will be joining the Live Well Healthy City Partnership in Livermore. Live Well Livermore is an example of the city's dedication to becoming a healthy city. In an effort to increase the number of children walking and rolling to school, Safe Routes to Schools will be working with Marylin Elementary on infrastructure improvements and safety education to support kids actively commuting to school.

Don't Forget SR2S Has Many Program Components Available to You!

Safe Routes to Schools Alameda County offers a variety of programs and services to get a program started at your school or to expand what you have already been doing. To find out more information on any of the following program components: contact Nora Cody 510-740-3150 Ext. 323.

Monthly Walk and Roll to School Days: We work with parent volunteers to bring the joy of Walk or Roll to School Day to your school on a monthly basis. We also provide themes and simple activities for students to celebrate their efforts to walk and roll.

Walking School Buses: We help you establish or increase the number of Walking School Buses at your school. Walking School Buses are a great way to build community, ensure safety, increase physical activity and have fun while getting to school.

Walk and Roll Puppet Show Assembly: We offer a free and fun assembly to your school. This 30-minute performance for K-5 students follows four characters as they journey to school. Through music, songs and dance the Big Tadoo Puppet Crew delivers messages about walking and biking safely, smart decision making, reducing pollution, and creating strong and healthy communities.

Bike Blenders: We can loan you a bike blender for your next Walk or Roll event. Kids get to have fun using their own foot power to make delicious, nutritious smoothies.

Helmet Safety Presentations: The Alameda Public Health Department of Injury Prevention and the Berkeley Health Department offer free safety presentations. Lessons cover helmet safety, biking basics, and pedestrian safety. Low-income schools can also participate to win free helmets from Alameda County.

Cycles of Change Bike Safety Programs: This highly interactive, hands-on program for middle schools increases student knowledge around bike safety. Students learn how to perform a bike safety check, adjust helmets, use hand signals, read traffic signs, maneuver through intersections and safely navigate their school's neighborhood by bike. Bikes and helmets are provided.

Bike Rodeos: Bring this 1-3 hour fun-filled bike rodeo to your school. The rodeos include a bike safety course, skills building, walking and bicycling safety instruction, bicycle rides and free helmets for students. Sign up soon - there is limited availability: <http://ebbc.org/rodeoapplication>.

Safe Routes to Schools in the Classroom: A K-5 Walk and Roll Educator Guide will be ready for the classroom by the beginning of December! And curriculum for middle school is in the works. Spread the word and let teachers know! For more information contact Rachel Davidman, 510-740-3150 ext.332.

Share Your Successes on Facebook!

Join us on Facebook, post your event photos and see what's going on at other schools in Alameda County! You don't have to have a Facebook account to see what others have posted. Simply type, "Safe Routes to Schools Alameda County Facebook", in your browser.

Safe Routes School Web Pages

Use your Safe Routes to school website page <http://transformca.org/sr2s/participating-schools> to post Safe Routes to Schools information happening at your school. Direct interested families to the SR2S school page by linking the page to your school's website! To make changes to your page, contact your Site Coordinator.

Save the Date - Jan. 22, 2011 for the School Champion Leadership Workshop!

On January 22, we will host an informative School Champion leadership workshop. Come meet other school champions, become more informed, share your successes, and learn what is working well at other schools. Come with questions, leave with answers! We hope to see you in January. If you have questions contact Karla-Perez Cordero, 510-740-3150 Ext. 314.