



What's Rolling On?

Safe Routes to Schools Alameda County

Spring Newsletter 2011

Students Run Away with the Golden Sneakers

Every Spring we look for an engaging way to encourage students to “step up” their use of active and shared transportation to get to and from school. This year we did it with the Pollution Solution Golden Sneaker Contest. Students from about 15 schools around the county participated by tracking their modes of transportation to and from school over the course of two weeks. All classes were invited to participate and every student was encouraged to contribute points towards their class's effort to reduce pollution. Even those who live far from their school were encouraged to carpool with others, get dropped off a few blocks away from school to walk with friends, or join a Walking School Bus or Bike Train. The winning class was awarded the prestigious Golden Sneaker Trophy along with a party to celebrate their efforts.

At Dublin Elementary 100% of the classrooms participated. One mom shared with us that when it started raining on the first week of the contest, she assumed her daughter wouldn't want to walk; however, her daughter was so excited about the contest that she picked up her umbrella every day and walked to school. Similarly, at other schools we found that students really did make an extra effort during the two week contest, and many continued their carpools and walking and biking well after the contest ended.

Congratulations to all the Golden Sneaker participants! We look forward to more schools participating next year.



A highly sought after Golden Sneaker Award.

Racks Filled to the Rim: Bike to School Day 2011

We like Spring here at SR2S. The sun usually comes out, and it makes our job of encouraging walking and biking a little bit easier. Safe Routes to Schools joined the national Bike to Work campaign again to celebrate, promote and increase bike awareness as a fun, physical and environmentally sound way to get to school. The number of people bicycling in the East Bay has doubled in the past three years. Many students ride with their friends or with a parent on a regular basis, but some get excited about a dedicated day for biking to school and make a special effort to ride. This year we gave away bike bags, silly bands, fruit, lollipops, and spoke cards. It's great to see the racks on Bike to School Day --they are filled to the rim!

At Jefferson we had a lot of fun with chalk drawing on the yard on Bike to School Day. Lots of kids were drawing giant wheels, bikes, school buses, and feet in a rainbow of colors. Those drawings will remind people of how much fun it is to help the planet!
-- Joel Gerwein, Jefferson Elementary Champion

We celebrated the kids who biked to school on Bike to School Day, with bike blended smoothies, and a raffle for those who received a message on their bike from the "Bike Elves." I felt great about giving kids affirmation for something they have been doing, and it was fun to see them get excited. It also generated a lot of curiosity and gave us the opportunity to talk to students about riding their bike to school. Thanks to our student leaders from the Green Team who helped out with the event.

--Erica Petrofsky, Albany Middle School Green Team Coordinator



Full racks at Earhart Elementary in Alameda.



Bike to School Day cyclists at Earhart Elementary in Alameda.

In preparation for the big day, older students participated in a Bike Rodeo in New Haven where they learned hands-on safety skills, while students in younger grades enjoyed a classroom presentation about the importance of wearing a helmet. The education piece was important for parents and students alike, where we saw a doubling of bicycles at most schools.
--Carrie Harvilla, Safe Routes Site Coordinator

The City of Alameda is known for celebrating Bike to Work Day in fine form. This year five schools jumped in on the fun! We saw bike decorating, bike-wheel shaped cookies, and parents at Nea Community, Amelia Earhart, Washington, Franklin and Lum Elementary Schools were out in a variety of creative ways to cheer on bicycling students. Hats off to Earhart Elementary – student body 590, for their Bike to School Day debut with racks overflowing with more than 150 bicycles!

--Carrie Harvilla, Safe Routes Site Coordinator



A Smooth(ie) Cinco de Mayo in San Lorenzo

Our Safe Routes bike blender was a big hit at the Cinco de Mayo celebration in San Lorenzo. Kids and adults pedaled and watched in amazement as they made smoothies throughout this great community event. Our booth was recognized as “most popular” as families came back for more. If you are interested in using our Bike Blender at your school for a special event, please contact Rachel at (510)740-3150 Ext. 332.



Youth making a smoothie at the Cinco de Mayo Festival.

Safe Routes Has New Friends in Fremont

We're excited to bring the program to Fremont, the second largest city in Alameda County with 28 elementary schools and 5 middle schools. With a warm reception from City Council, Fremont Unified School Board and the PTA Council, we are rolling at Gomes and Niles Elementary, and Centerville Junior High. This Spring, district high school students led Ingredients for Life: Healthy Lifestyles conference, with nearly 150 fifth through eighth graders. As part of the conference SR2S led an active transportation workshop with discussions about what makes a route safe. The young leaders are now planning Walk and Roll to School Days throughout the city for the beginning of June - a great way to end the year! We look forward to working with more schools next year. Is there a school in Fremont where you'd like to encourage safe walking and bicycling? Contact site coordinator Carrie Harvilla at charvilla@transformca.org or (510)740-3150 Ex. 326.



Welcome Aboard Aiyana Knowles

Aiyana, our newest Site Coordinator will be working in San Leandro, Oakland and the Unincorporated Areas of Alameda County. Aiyana was born and raised in Hayward, and loves to use public transportation to explore the wonders of the Bay Area.

Most recently, Aiyana worked for the Alameda County Deputy Sheriffs' Activities League as the Program Coordinator for their youth leadership program, serving middle and high school aged urban youth. She is excited to continue her work in the community with Safe Routes to Schools.

Tzedakah Rolls in to Safe Routes

Safe Routes to Schools was surprised and delighted to receive a tzedakah gift from the third grade Aleph Bet class at Temple Israel in Alameda. Tzedakah is the Hebrew word for the acts that we call “charity” in English. The word tzedakah is derived from the Hebrew root Tzadei-Dalet-Kof, -- justice or fairness. Each of the classes chose an environmental organization to receive their contributions, and Aleph Bet decided to give their donations to Safe Routes to Schools. Program director Nora Cody accepted the contribution and spoke to the children at their end of the year celebration on May 15. Thank you Temple Israel!

Teacher Spot Light

A Shout out to Glenview teacher Jennifer Brouhard, who was inspired by Safe Routes to Schools to get her entire class to walk to school. Jennifer proposed that the whole class meet up at a nearby coffee shop, grab a morning treat, and walk the remaining 6 blocks to school together. The kids were thrilled and excited about this special walking adventure. We're hoping the idea catches on and spreads to other classes soon! A little enthusiasm can go a long way!

Parent Champions: You Make a Difference!

Parent champions are inspiring others and making a difference at their schools, even when they don't know it. Linda, a Glenview elementary school parent in Oakland told us how inspired she was by Glenview's Parent Champion Jen Ryden. *Jen has inspired me to get out of the car and walk to school with my daughter. Even though we live fairly close to the school, I was in the habit of dropping her off on the way to work. I realized that with a little extra effort we could walk to school. We have walked to school every day this year. It takes a little more time, but it's turned out to be a special time with my daughter and a great start to the day.* Thank you Jen and thank you to all of our Parent Champions for leading the way!

Looking for Fun? Bike-Tastic and More!

Come to the Bike-Tastic Fun Festival Saturday, June 4th from 1-3:30pm at Grant Elementary 879 Grant Ave. in San Lorenzo. The idea for this event came from Cherryland Elementary parents who wanted to have a bike event that would teach children and families about safe bike riding. Bring your friends and family! If it rains it will be moved to June 11th.

Stay Active with Summer Fun!

Sunday Street Closures

www.sundaystreetsf.com/event-info

Sunday Streets is a series of events put on by the City of San Francisco to encourage health, community and fun, inspired by similar events in cities throughout the world. A Sunday Streets event creates a large, temporary, public space for pedestrians, and bicyclists, to enjoy activities for several hours without any automobiles.

Free Bike Safety Classes in English and Spanish

www.ebbc.org
(510) 845-7433

Geared for Kids

www.geared4kids.org

Geared 4 Kids holds a monthly ride open to the public from April to October, specifically for riders who are new to wheels, pedals, and gears. ALL riders are welcome! Rides are typically the 2nd Sunday of each month. Check the calendar to confirm!

Pedaling Along Bicycle Camp @ the Albany YMCA

(510) 525-1130

Pedaling Along is a bicycle camp for campers who are proficient at riding a bicycle but have limited or no experience riding on the streets or with a group. Participants learn simple bicycle maintenance, rules of the road, traffic laws, conditioning, diet, and other aspects of cycling.