

Praise for Safe Routes to Schools

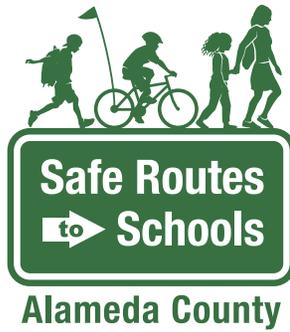
"[SR2S] is really inspiring and gives the children an incentive to exercise. The community loves watching the kids walk and neighbors are incredibly supportive."

– Kathy Rieves, parent at Peralta Elementary



"Because of your course, not only do I have the confidence to take other kids out on the street, but I have the confidence to take my own kids on the street. I am so excited about your program, I find myself asking kids all over the neighborhood if they are ready to be a part of an afterschool bike program!"

– Thessa McCoy- participant in bike safety afterschool training. Poplar Recreation Center Staff and Mother



Safe Routes to Schools Alameda County is an effort coordinated by the Transportation and Land Use Coalition (TALC), Alameda County Public Health Department, and Cycles of Change.

For more information about starting a SR2S program in your school, contact us:

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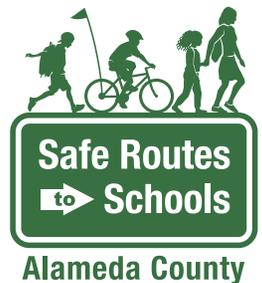
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Want safe routes to your school?

Safe Routes to Schools (SR2S) Alameda County provides trainings, resources, and customized support at no cost; while working together with schools, parents, and the local community to give kids an active, healthy start to the school day!





Only one in ten children walks to school

It was not that long ago that children everywhere started their morning with an energizing walk to school. Today, only one in ten children have such a good start to their day. Driven to school in cars, many children's first part of the day is gridlock traffic and a parent's rush-hour stress, only to be dropped off in a sea of idling cars.

- 68% of students in Alameda County are not physically fit.
- Travel to school accounts for 25% of all morning traffic.

The benefits of walking and biking to school:

- Lowers a child's risk of obesity and its health problems through physical activity by building life-long habits.
- Helps youth to focus and be alert as does all physical activity.
- Adds to safety in the area around the school by cutting down on traffic.
- Is the perfect chance for family quality time!

SR2S in your school

We offer a menu of resources at no cost:

Education

- Trainings for teachers and after school providers in "street smarts" and bike/walk safety skills.
- A complete assembly program with follow-up materials.
- Parent trainings to assess and teach children's street smarts.
- Bike safety classes and Safe Moves walking safety rodeos.

Encouragement

- Training, tools and materials for staff or parent volunteers leading events, such as Walk and Roll to School Day or Walking School Buses.

Enforcement

- Links to traffic safety and public works agencies through the SR2S Task Force.

Engineering

- Walks with your community to assess, select and design plans for street design changes such as crosswalks near your school.

Evaluation

- The Alameda County Public Health Department will evaluate each of the SR2S components to improve the program throughout the school year.

Your Kids.
Your School.
Your Community.



Parent Participation

We offer trainings for parents leading SR2S events. Our family forums provide parents with support and skills to help kids make smart choices on the street and foster independence.



Involved School Staff

Our trainings for school staff offer skills that help youth to act wisely through a "careful not fearful" approach.



Involved Neighbors

By asking neighbors to take part in SR2S efforts, the program will make neighbors aware of children walking and biking and increase the number of eyes on the street.



Children Making Change

Our program provides a chance for children to help make choices that affect their health, environment, and community. Through our program, children learn the power they hold to change their world.