From: Wallace Consulting & Training, Inc.
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Subject: August 2012 SRTS Update
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SRTS UPDATE

August, 2012

Preparing to Walk or Bike to School

With the start of school just around the corner, it's a great time to be sure kids have everything they need for walking or biking to school. Here's a checklist to help you plan:

- Comfortable, well-fitted shoes appropriate for walking or biking
- Colorful clothing so students are visible to motorists
- Rain gear such as hats, jackets, boots and umbrellas for drizzly days
- Reflectors on backpacks and clothing for low light conditions
- Sunscreen, sunglasses, hats for sunny days
- Strong bike lock

It's a good idea to walk or bike the route you plan to use so you can figure how much time to allow and how you can walk or bike it safely. Remember to look for routes with less traffic, which may be different from the route you would drive. Schools should remind parents and staff to be alert for children walking or biking and clearly identify preferred routes for children and parents to use on campus to minimize conflicts with cars. Here are some great ways for parents and kids to get in the habit of walking:

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- Invite friends for a regular "walk date" on one day each week
- Reward exercise time with game time so that five minutes of exercise "buys" you one minute of electronics time.
- Make a game of practicing school tasks such as multiplication/addition tables or spelling while walking to get young minds back into learning mode.
- If you live too far to walk from home, plan to meet at a friend's house nearer the school and walk from there.

09 KP Walk

Remember that children who walk or bike to school are more alert when they arrive and tend to do better academically.

Bike Smart Skills Training at Recreation Centers

Winston-Salem Recreation Center supervisors learned some Bike Smarts in June as Judi Wallace, Safe Routes to School Coordinator, trained them to teach the Bike Smarts on-bike skills course at the city's rec centers. While all

October Is Walk to School Month

It's not too early to start planning for your school's Walk to School Day. Although International Walk to School Day is Wednesday, October 3rd this year, your Walk to School Day can be scheduled any time during October that meets your school's needs.

You can register your school and find all kinds of resources at http://www.walkbiketoschool.org/. You can also see which other schools around the country and world are participating and learn more about the history of Walk to School Day. And think of the wonderful educational opportunities to relate your school's event with those of schools around the world.

For local assistance with planning your event, contact Judi Wallace, Safe Routes to School Coordinator for the Winston-Salem Urban Area, at 768-3339 or judiwallace@triad.rr.com.

Request Bike Smarts Training for Your School

PE teachers from Winston-Salem/Forsyth County Schools will participate in Bike Smarts training during the week before school starts, making them eligible to request use of the SRTS bike trailer with bikes and helmets. Be sure to ask your principal or PE teacher to request the trailer for your school. The trailer is available by reservation on a first-come basis. The Bike Smarts training focuses on teaching on-bike skills and rules of the road for students in Grades 4-6.

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the supervisors went through the in-class portion, a smaller group completed the on-bike skills training, making their centers eligible to use the Safe Routes to School bike trailer and helmets.

The first rec centers to use the bike trailer for the Bike Smarts course were Hanes Hosiery, Miller Park, Old Town (see photo album in next section), W.R. Anderson and M. L. King rec centers. Each center used the bike trailer and bike blender for one week as part of the summer program. Leah Friend, supervisor at Miller Park, provided these photographs.

Kids at Old Town Learn Bike Smarts

Here's a photo album from the summer program at Old Town Recreation Center. In spite of the heat, both the kids and the instructors had a blast!

Pretty in pink

Checking for bike fit

Ready to roll 2

Loading the trailer

National Center for Safe Routes to School Has Received 1 Million Questionnaires

The National Center for Safe Routes to School, based in Chapel Hill, NC, recently received its 1 millionth parent survey, representing 1 million pieces of information being used to identify local SRTS issues, build programs and understand what makes a SRTS program succeed."

"The Parent Survey questionnaires yield information about students' school travel patterns and parents' perceptions of walking and bicycling to school. Local programs at 6,350 schools in all 50 states and the District of Columbia have used these resources to gather and study information about student travel modes. Since 2006, the National Center has helped local SRTS program coordinators collect, enter and analyze their data through a straightforward online Data System. The system, which is free to use, offers communities Parent Surveys in multiple languages as well as user access to their Travel Tally data and summary reports of those data."

In Winston-Salem, 10 schools have used the parent surveys and student tally sheets to gather baseline data to help plan education and encouragement programs to help students walk and bike safely.

For more information on local SRTS activities, contact **Judi Wallace, Safe Routes to School Coordinator for the Winston-Salem Urban Area** at

Bike trailer 1

U.S Kids Take in 165 Calories More Each Day Than They Burn Off

According to a Sept. 2009 article in the *Journal of Adolescent Health*, "Although a wide range of behavioral, genetic, biological, and environmental factors contribute to the development of obesity, energy imbalance resulting from limited physical activity and excess energy intake are considered the most important factors. Wang et al found that U.S. children and adolescents experienced an average 'energy gap' (i.e., surplus of energy intake over energy expenditure) of 165 calories per day over the period from the 1988 and 1994 NHANES surveys to the 1999–2002 survey, leading to an excess 10 pounds of body weight for all adolescents, 1 pound per year, on average. Overweight adolescents consumed an average of 700–1000 more calories per day, which resulted in an average weight gain of 58 extra pounds beyond that associated with normal growth, almost 6 pounds per year."

Kid eating

Source: http://tinyurl.com/yg5w7ud
Via RWJF Adolescent Obesity: http://tinyurl.com/yghj6nm

"An early-morning walk is a blessing for the whole day."

- Henry David Thoreau

Want More Tips on Healthy Living and Local Events?

Want more information and tips on how to keep your kids active? Take a look at our page on Facebook and like us!

Find out more about bicycling and walking in Winston-Salem for every member of the family on the city's website.

336.768.3339 or judiwallace@triad.rr.com.
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Matthew Burczyk, Pedestrian & Bicycle Coordinator for the Winston-Salem Urban Area, can help with issues related to walking and bicycling around schools and neighborhoods. He can be reached at 336.747.6884 or mattbk@cityofws.org.

The **Winston-Salem Department of Transportation** sponsors and coordinates the **Safe Routes to School Program for the Winston-Salem Urban Area**, which includes all of Forsyth County and parts of Davidson, Davie, and Stokes counties.

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