

Fall 2010

Treasure Valley Family YMCA

Volume 1, Issue 1

## Interesting Facts:

**People in U.S. killed by heart disease or cancer:**  
**1, 178, 942**

**Children in U.S. injured in car crashes:**  
**250,000**

(Based on 2008 figures)

**Children in U.S. abducted by strangers:**  
**100**

(Based on NISMART 2003 figures)

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## International Walk to School Day October 6th

Celebrate International Walk (and Bike) to School Day with schools around the world!

International Walk to School Day is an annual event held the first Wednesday in October. It's a great kick-off for Safe Routes to School activities for the school year!

How you can make a great event:

1. Promote in your school with flyers, announcements and newsletters.
2. Let students help out with poster contests.
3. Gather parents and community members to lead walking and biking groups.
4. Count the numbers of students that participate.
5. Take pictures and create a fun collage for kids to see.
6. Hand out healthy snacks or safety and educational items as incentives.
7. Find out more: [www.walktoschool.org](http://www.walktoschool.org)



**5 Schools will be entered in Raffle to Win \$50 if they submit tally and pictures! And schools with highest percentage participation will one of four 6-month YMCA Family Memberships!**

## 2009-2010 Safe Routes Schools Awarded!

We had a great school year in 2009-2010. Many schools achieved a lot in their Safe Routes programs, focusing their efforts on educational and encouragement activities, continued evaluation and engineering efforts like finalizing walking route maps and submitting infrastructure lists.

The Top Schools for 2009-2010 received a Certificate of Excellence and \$100 gift card to award them for all their efforts! Honorable Mentions receive a \$50 gift card:

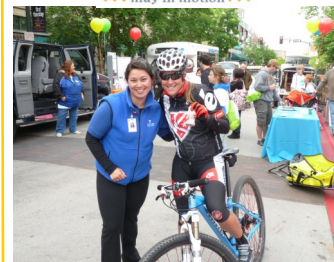
### Top Schools are:

- Cynthia Mann Elementary
- Garfield Elementary
- Hawthorne Elementary
- Highlands Elementary
- Riverside Elementary

### Honorable Mention goes to:

- Grace Jordan Elementary
- Morley Nelson Elementary
- Trail Wind Elementary

## May in Motion Recap



Over 50 Highlands Elementary students, led by Olympic Gold Medalist Kristin Armstrong and the Boise Police Department, rode their bikes to the May in Motion event in Downtown Boise.

Their arrival at May in Motion was a highlight of the event that promotes active and alternative transportation.

Great Job Highlands!!

- **Back to School Night** is a great time to promote Safe Routes to School and gather support and additional volunteers. If you want materials or goodies please contact us.
- **Safe Routes to School 2012-2013** funding has been approved! We hope to see sustainable programs continue in Boise and start programs in Meridian.

**Treasure Valley Family  
YMCA**

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**We build strong kids, strong  
families and strong communities.**

**Be Seen!  
Be Safe!**

Look for the Safe Routes to School booth at **Teachers' Night Out**. This event is *Thursday September 16th 4:30-7:00PM* at the Old Idaho Penitentiary.

Find out more about our program, test out your knowledge with the bike wheel game and get free safety goodies.

We're on the web!  
[www.walkitbikeit.org](http://www.walkitbikeit.org)

**Educational Programming & Encouragement through Fall 2010**

Take advantage of educational and encouragement activities supported by Safe Routes to School.

What we offer:

- Incentives for walk to school days (including International Walk to School Day, Walk 'n Roll Wednesdays, etc.)
- Safety Booth for events like carnivals and health fairs, including giveaways, educational material and interactive bike wheel game.
- In-Class Safety Presentations specific to certain grade levels.
- Bike Rodeos—hands-on bike clinic with 5 stations. Ideal for 3rd–4th graders.
- Bike Repair Classes—learn basic bike tune-up skills from local bike mechanics. Ideal for 5th–9th graders.
- Helmet-fittings—a helmet is only as good as its fit. We teach proper fit and give tips on how to recognize the right fit. Contact us to check for free helmet availability.

Safe Routes to School Coordinator, Janell Zuckerman Pfister, will be on maternity leave for the majority of Fall 2010.

**Please contact Christy Beavers to set up Educational & Encouragement activities at your school!!**

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