

# LET'S GET WALKING



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Treasure Valley Family YMCA

1050 W State St., Boise, ID 83702

Summer 2011

[www.walkitbikeit.org](http://www.walkitbikeit.org)

SAFE ROUTES TO SCHOOL

SUMMER 2011 VOL. 4



## EVENTS

# BOISE SCHOOL KIDS FOCUS ON BIKING

Before the end of the 2010-2011 school year many schools in Boise participated in educational and encouragement events.

### Washington Elementary Participates in May in Motion

The bike racks overflowed on May 20<sup>th</sup>, 2011 at Washington Elementary. School staff, parents and students showed their enthusiasm for biking to school by promoting *Bike to School Day* the same day as *National Bike to Work Day*.

*May in Motion* (competition that promotes active and alternative transportation options for local organizations) sponsors provided goodies and prizes for the top participating classes at the school. *Safe Routes to School* and the *Dairy Council* welcomed families to school and passed out safety lights and milk in the morning.

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## ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

## QUESTIONS, COMMENTS, IDEAS?

Contact:

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OR

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### Teen Bike Safety

Before junior high students hit the streets for the summer we wanted to teach them bike commuting and basic repair skills. *Boise Bicycle Project* and *Boise Bike Wrench* partnered with us to facilitate the courses. Thanks to a grant from Idaho Transportation Department *Office of Highway Safety* we were able to provide great helmets and light kits to all participants.

The picture above shows our class from South Junior High. Over 20 students registered for the class.

## PROMOTING HEALTH

# LET'S MOVE INITIATIVE

Michelle Obama's national youth health initiative designed to combat childhood obesity has come to Boise. *The Mayor's Council on Children and Youth* have brought community partners together to promote healthy eating and physical activity.

### Partnership

The Y and Safe Routes to School were able to provide games and helmets to children that participated in the kickoff for *Let's Move Boise*. Mayor Bieter spoke at the event held at Owyhee Park and several partners hosted fun and educational booths.



We look forward to continuing to work with *Let's Move Boise* to promote walk to school days and lead walking and biking groups.

## TIDBITS

# GET READY FOR WALK TO SCHOOL DAY

*International Walk to School Day* is Wednesday October 5<sup>th</sup> this year.

### Make it a Successful Event

Promote the event at your school and in your neighborhood. Poster contests, daily announcements and info on school letter board signs all help make for a great event. Inviting local celebrities is another way to make the day special.

We can provide incentives that can be handed out to participating walkers, bikers, etc. Please let us know in advance if you want materials. Examples of what we can offer are: pencils, stickers, blinking lights, lighted whistles, bookmarks, Y day passes and toe tokens.

If walking group leaders want visibility vests or signs we can provide them to schools as well.

**Be a Safe Routes to School Ambassador – volunteer to lead a group of children walk or bike to school! Contact Janell or Marcus to find out how.**



## SPOTLIGHT

# WELCOME OUR NEW SRTS COORDINATOR

We are excited to welcome Marcus Orton, the new Safe Routes to School Coordinator to our team. Marcus joined us in August and his primary focus will be to work with Boise schools on their educational and encouragement programming.

Marcus has a depth of knowledge around bike safety & repair and is a League of American Bicyclists Certified Instructor and certified by the United Bicycle Institute. He is passionate about biking and eager to share his knowledge with the community.

He is currently pursuing a graduate degree at Boise State and will continue his work with one of our great partners Boise Bicycle Project.

Marcus is a great role model for children and adults alike, bike commuting to work and school in rain, shine or snow – and always wears his helmet. Way to go Marcus!

## COMMUNITY

# WALKING SCHOOL BUS

Boise School District launched its first official Walking School Bus at Jefferson Elementary this year! A Walking School Bus is a group of children walking to and from school with one or more adult leaders. It can be informal, or more formal like the one organized by Boise School District with designated meeting points, scheduled times and regular volunteers.

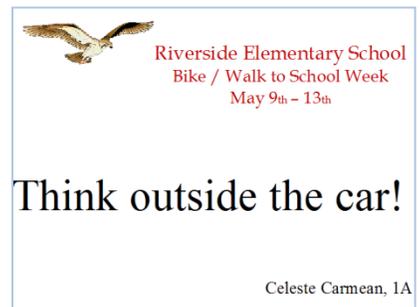
Organizing a Walking School Bus (or Bike Train for cyclists) is a great way to engage parents, neighbors and children to be active, reduce cars on the road and enjoy the outdoors. It also helps alleviate pick-up/drop-off congestion when bus routes are eliminated. For help with a program at your school please contact us.

## HIGHLIGHTS

# TVCA WINNERS

The winners of the Treasure Valley Cycling Alliance (TVCA) contest started putting their creative ideas to work at the end of last school year.

Riverside Elementary held a bike slogan campaign and posted winning entries along the routes to school during their Walk/Bike to School Week. Trail Wind Elementary is creating multiple safety videos they'll show during school assemblies and will combine a bike safety theme with their art program for this school year. We're excited to see what they create!



## PROGRAMMING

# ACTION PLANS

We want to make sure schools begin planning their educational and encouragement activities for the first half of the year. We can meet with your Safe Routes to School Committee to look at what events or programs work for your school and begin scheduling and reserving resources like helmets and safety lights.

We look forward to working with schools with existing programs and are excited to start programs at schools new to Safe Routes to School.