

Get ready to WALK or BIKE!



Wednesday, October 7th, 2009

Our school is proud to join children and adults from around the world
in celebration of

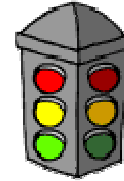
International Walk & Roll to School Day

Insert information here such as whether kids will be greeted with food, drink, prizes, a raffle, walking school bus/bike train drop-off locations, contact information for volunteer coordinator, etc. Pictures at bottom may be replaced with logos from sponsoring organizations.



Teach Kids to be Wise Walkers

Find ways to practice pedestrian safety with your children during your day-to-day activities - while playing, on walks to school, in parking lots, etc. Ask your children to be on the lookout for unsafe behaviors by other children, or even grown-ups (riding without a helmet, jaywalking, etc.). Remember to make it fun. Here are some basic street-crossing rules:



- Children under age 10 should never cross a street without a grown-up.
- When crossing the street, stop at the curb or edge of the road.
- Look left, then right, then left again for moving cars before crossing.
- Keep looking left and right until you are safely across the street.

If you live in an area with traffic signals, have your children push the button to stop traffic before crossing the street, using the crosswalk. Have your child watch the traffic signal and tell you when the "walk" sign is illuminated. Together, look left, right and left again to make sure traffic has stopped and cross the street together holding hands. Ask your children to read the letters in the "DON'T WALK" and "WALK" signs. Explain that "WALK" means that you can start out into the street. A flashing "DON'T WALK" sign means you can finish crossing the street if you're already in the road - but not to start crossing if you're still at the curb.

When the light turns green in the direction you're crossing, it **MAY** be time for you to cross the street. However, often there is a left green arrow in the lanes facing you, which means those cars have the right-of-way. If you're not careful, they'll left-turn into you. Usually, the "WALK" light is delayed until that left arrow turns red.

When you're in a crosswalk approaching the other side of the street, watch out for cars turning right on red. Often they're looking to the right, and you'll be coming from their left side - they may not see you.

Talk About Bike Safety Rules

Everyone should always wear a bicycle helmet. Young riders should ride on sidewalks or safe areas only. Teens may ride in the street after they learn the rules of the road. In either case, make sure your children know what areas you permit them to ride their bikes.

For young children:

- Never ride at dusk or at night.
- When entering a sidewalk, path or driveway, stop completely. Look left, right and left again.
- Walk, don't ride your bicycle across the street.
- Cross only at the street corner, not mid-block.

For teens and adults:

- When riding in the street, obey all traffic signals and laws.
- Ride with the traffic flow, not against it.
- Always stop at stop signs and stop lights.
- Use the correct hand signals when turning to let drivers know your intent.

