



Dear Valued Teacher,

Thank you for supporting our Safe Routes to School Program, educating students about safe, active transportation, and encouraging them to Walk or Roll to *ANYWHERE* this year! Here are the steps for participating in Walk & Roll in 2022-23!

Walk & Roll Encouragement Program Teacher Steps:

- **Share each month's Monthly Themed Walk/Roll to School (or anywhere) flyer with your students/parents** (*we suggest sharing it on the last week of each month*). Your principal may provide you with the flyer each month, or it may be downloaded from www.sonomasaferroutes.org
- **Inform students/parents of your school's monthly walk/roll day/week.** Encourage them to choose walk, bike, scooter or skateboard to school that day, if able. If they can't walk/roll to school, encourage them to choose another destination to walk or roll to that week.
- **On your designated walk/roll day, encourage students to visit your school welcome table (if one is established), conduct classroom counts using the method requested by your school administrator or Champion.**
- **Assign or share our Monthly Challenge Activity with students/parents** Completed activities may be submitted via email to saferroutes@bikesonoma.org or via mail at SCBC/SRTS PO Box 3088, Santa Rosa, 95402, for a chance to win a prize. Each monthly Challenge Activity may be downloaded from www.sonomasaferroutes.org.

This project is supported by the Metropolitan Transportation Commission's One Bay Area Grant Program and the Measure M Transportation Tax

Walk/Roll Schedule 2022-23

Month	Theme/Program	Countywide Prize Opportunity for Students Participating in Challenge <i>(prizes are subject to changes or additions)</i>	Educational Messages to Communicate with students <i>(available in Spanish)</i>
September	Walk & Roll Back to School Challenge: Map Your Route to School	\$25.00 gift certificate to Copperfield's bookstore <i>(this and below prizes are for students who participate in Challenge)</i>	Choose a "Green Way" to get to school or around your neighborhood; walk, bike, scoot, skate! Choose a safe route—use multi-use paths or low-traffic, low-speed neighborhood streets; choose streets that have bike lanes or shoulders.
October	International Walk & Roll to School Month Challenge: 20 th Anniversary Walk & Roll Challenge Tracker	A gift card for a celebratory cake!	This year marks the 20 th Anniversary of Sonoma County schools' participation in International Walk and Roll to School Day. Join us and the whole world in celebrating this day! Be sure to walk on sidewalks (or facing traffic if there are no sidewalks), look left, right, left and all around when crossing streets, and always be aware of and make eye contact with drivers at crossings and intersections!
November	Ruby Bridges Walk to School Day Challenge: Ruby Bridges Walk to School BINGO	Drawing for \$25.00 gift card to a local BIPOC owned business	Learn about Ruby Bridges! Also, Be Visible and wear bright colors and reflective clothing – Be Safe, Smart and Seen! Make sure cars can see you, look left-right-left before crossing the street!
December	Walk & Roll for Wheels Challenge: Scavenger Hunt	Drawing for Scooter or Roller Skates	Movement is good for the brain! It is recommended that youth get at least an hour of physical activity every day and many studies have shown that getting physical activity really helps you learn!
January	Idle-Free Month: Pledge to be Idle Free (no Walk/Roll Day)	Drawing for local business gift cards.	Driver Awareness; keep your eyes out for walkers & rollers, and be idle Free! Idling causes air pollution that is bad for human and environmental health and local air quality, while costing drivers money.
February	Walk & Roll for our HeARTS Challenge: Walk & Roll for our HeARTS Art contest for calendar	Drawing for \$25.00 gift card to Riley Street Art Supply <i>calendar art winners are featured in a printed calendar</i>	It's heart-healthy for ourselves and our families to Walk & Roll; it's good for all of our bodies and it's so good to get outside and spend some quality time with our families!
March	March for Miles Challenge Challenge: March for Miles Tracker	Drawing for Sneakers!	Walking and biking saves money! By replacing a car trip with a bike or walking trip, you could save quite a bit of money—money on gas as well as wear and tear on your vehicle plus you might even save some healthcare costs by keeping your heart and body more healthy with exercise!
April	Walk & Roll for the Earth Challenge: TBD	Drawing for a \$25.00 gift card to a locally owned eatery	Walking and biking is like sending a love note to the earth! Every time you replace a car trip with a walk or bike trip, you save all of those pounds of carbon from going into the environment!
May	Bike Month Bike to School Day	n/a	Biking is a great way to get exercise while going somewhere! Be sure to wear a properly fitted helmet, check the Air, Brakes and Chain on your bike, and be sure to ride in the same direction as traffic! Be extra alert around driveways when drivers are pulling in and out!