Safe Routes to School Newsletter

The Start of School doesn't mean the End of Play

This month many children are heading back to school. Like many children and parents at this time of year, I am excitedly nervous -- excited about the beginning of a new school year, and slightly nervous about the challenges that lie ahead. But as we all settle our children back into the routine of early morning rising and homework, these routines should not mean the end of the extended summer play.

Across the country, communities are rethinking physical activity and the increasing role schools play in increasing opportunities for children and the community to be physically active -- from strategies that promote increased walking and biking to and from school (Safe Routes to School), to recess, to physical education, to the time spent being physically active outside of the school day. We want our children to be academically successful, and research shows that active children learn better. In addition, physical activity can curb behaviors that may inhibit academic success such as fidgeting and allow children to stay on task. Let's take a closer look at some highlights from the field that allow children and the community to have increased access to physical activity opportunities through shared use.

Left to right: Katie Gellings, Holly Hoch, and Sue Ruth volunteer to help the Walking School Bus in fall 2014.

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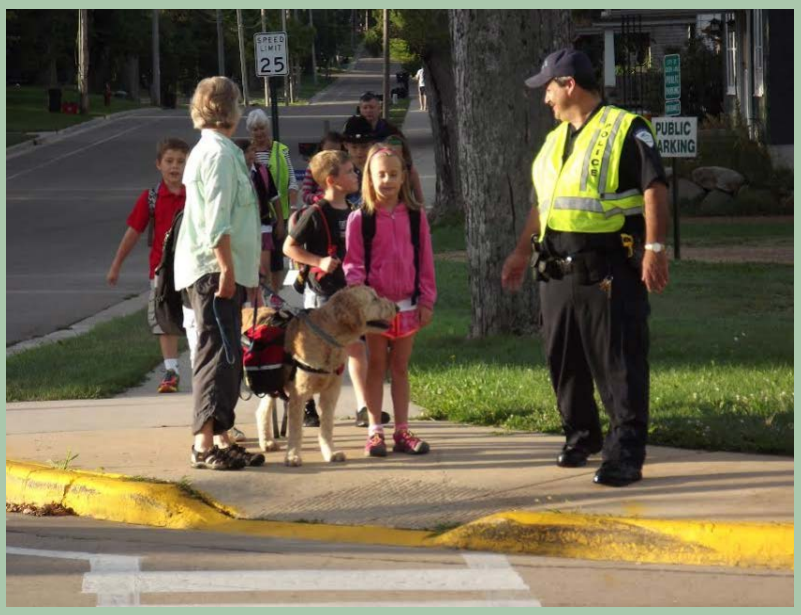
Left: Bob, the crossing guard helps a family cross safely on a sunny morning.

Below: Holly and Shaely Hoch on the first day of school, Shaely is in sixth grade and will be helping the walking school bus this year.

Below: The Walking School posing for a silly photo on the first day of school.



Above: Chief Ratter talks with the bus members before crossing at South and Lake, **Below**: Walk to School Day 2013

Walk with the Frog

International Walk to School Day

Wednesday Oct 8, 2014

WALK WITH THE FROG

When- The walk to school will begin promptly at 7:30 am.

Where- The walk to school will begin at the parking lot located at the corner of South Street and Lake Street in the City of Green Lake. Bus students can walk before school.

Who- Students; K through 5th grade, parents, staff, and guests are invited to walk.

A raffle for participants in both the walk *to* school and the walk *at* school will be held later in the day.