



Washington Elementary School
Safe Routes to Schools Education & Encouragement Final Report

Humboldt Partnership for Active Living
Redwood Community Action Agency
904 G Street Eureka CA 95501

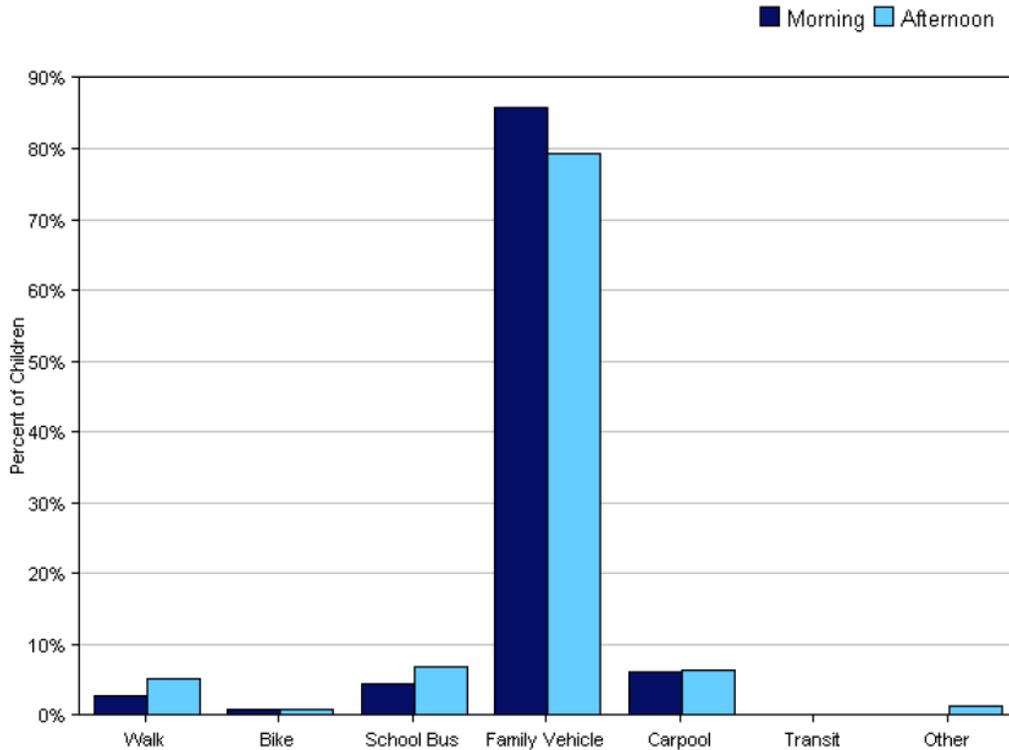
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Washington Elementary Baseline Data

According to the Parent Surveys conducted in September 2010, 5% or less Washington Elementary students walked to and from school. As part of the City of Eureka’s Safe Routes to School grant, HumPAL staff planned and implemented Education & Encouragement activities with the goal of raising the percentage of children walking to school on Walking Wednesdays to 20% and on other days of the week to 15%.

Typical mode of arrival at and departure from school



2010 Parent Survey Information: Baseline Data

HumPAL staff and partners implemented monthly Walking Wednesdays, weekly hand tallies, a Pedometer Power program, and in-classroom competitions to promote walking and biking to school.

Safe Routes to Schools Task Force

Description

As part of the Safe Routes to Schools Program, a Task Force was formed in April of 2010. This partnership meets monthly and works on creating a safer and more inviting environment for pedestrians and bicyclists. Members of the Task Force include City of Eureka engineers, law enforcement officers and Traffic Safety Commission members, HumPAL staff, the Eureka City Schools (ECS) principals, the ECS board President, and the Director of Transportation. Parents, staff from the Humboldt County Public Works, Public Health and Humboldt County Board of Supervisors are also active members of the Task Force.

Successes

The group initially formed to help guide the SR2S program at Washington Elementary and has expanded its efforts to help extend the reach of SR2S to other Eureka schools. By focusing on ways to promote community awareness and shift habits, the SR2S Task Force is making streets safer for local students and the community. Some of the accomplishments of the group include:

- Conducting school site Walkability Assessments at Grant and Lafayette Elementary schools
- Addressing safety concerns at Alice Birney Elementary school and identifying and installing improvements
- Making a recommendation for the ECS board to adopt a District Wide SR2S policy
- Addressing barriers that negatively affect Crossing Guard programs and working to create an effective program that alleviates liability concerns
- Planning for and participating in the first-ever 'Step into Safety' Workshop in Humboldt County to help students and families create a school travel plan

Lessons Learned

The Task Force was fortunate to be made up of dedicated individuals who are committed to the goals of Safe Routes to Schools. They used a combination of experience and creative problem solving to find innovative ways to promote safer walking and bicycling opportunities. There were no major problems or issues other than minor housekeeping.

- The group initially agreed on using a decision-making system similar to voting where colored cards would be held up during a time of a vote. The colors represent agreement, hesitation and disagreement. While it was originally felt that this could be a non-confrontational way of coming to consensus, the group never actually followed through with using this system and generally just came to consensus through discussion.
- Future Task Force meetings have typically been scheduled at the close of each meeting. It was determined that selecting a regular meeting day and time (i.e. the second Thursday of the month at 11am) would require less administrative time if Task Force members received an email reminder.

Conclusion

The work of the Task Force has been beneficial not only to students of Eureka City Schools but to members of the community as well through increasing opportunities for safe walking and bicycling and encouraging a healthy lifestyle through active transportation. The group will continue to meet after a brief break and will be working to help create a prioritization criteria rubric for the county to be able to identify schools that are in the greatest need and in the best position to receive SR2S funding and support.

Safe Routes to Schools Events

International Walk To School Day

Description

Washington Elementary youth joined students around the world to celebrate International Walk to School Day (IW2SD) on October 6, 2010 along with parents, teachers, and community leaders. As the kickoff to the Safe Routes to Schools program, over 175 students participated by walking or bicycling from home or walked from the remote dropoff location at the corner of Chester and Harrison. Fun incentives, free healthy snacks and a raffle drawing for a \$50 gift card donated by Pro Sport Center were offered to all student participants. Members of the community, Eureka Police Department and Eureka Mayor Virginia Bass joined students on the walk to school. The City and the County both officially recognized IWTSD by adopting IWTSD proclamations the day before the event. Moments before the walk to school began, Mayor Bass spoke to the students on the importance of physical activity and explained what a proclamation is.



Students gather at remote drop off just before the walk.



Students & teachers in crosswalk with EPD Officer Whitmer



Mayor Bass spoke to students before the walk.

Local news Channel 3 produced an IWTSD news story.



FOR IMMEDIATE RELEASE

Contact: Jenny Weiss, HumPAL
(707) 269-2062

Local Children Walk to School With Students From Around the World

Worldwide event promotes safety, health and the environment

Eureka, CA – Humboldt County youth will be joining students around the world to celebrate International Walk to School Day (IW2SD) on October 6, 2010 along with parents, teachers, and community leaders. The Humboldt Partnership for Active Living, a project of the Redwood Community Action Agency's Natural Resources Services Division, is assisting with IW2SD events in Eureka elementary schools.

The event is one part of a comprehensive 'Safe Routes to Schools' (SR2S) program designed to encourage children, including children with disabilities, to safely walk or roll to school. Walking and riding to school promotes health, safety, concern for the environment, and the simple joys of "active transportation" – a worldwide movement that is becoming increasingly popular.

Walk to School Day was established in the United States in 1997 following the lead of Canada and Great Britain. In 2000, the three countries joined together to create International Walk to School Day. Today, more than 5,000 schools in the USA and 4 million people in approximately 40 countries participate in International Walk to School Day activities. Visit walktoschool.org to find other schools across the world that are participating in IW2SD.

Many schools in Humboldt County are participating in IW2SD. For Washington Elementary School families in Eureka, students can participate by either walking or biking from home or, for those who live too far to walk or bike to school, a remote drop-off site will be located at the Immanuel Lutheran Church parking lot across the street from Safeway on Harrison. Parents are encouraged to join the walkers or students may be dropped off and walk the rest of the way to school with parent chaperones and volunteers who will be on-hand. Walkers should arrive at the drop off site by 7:30 a.m. and will begin the walk to school at 7:40 a.m. Students who are dropped off directly at the school can take part in activities on campus beginning at 7:30 a.m. weather permitting. The event will offer free, healthy snacks, fun incentives and a drawing for participating Washington Elementary students. There will also be fun activities for students during lunch to further engage students in the program.

"Many families are appreciating the new crosswalks and sidewalks recently installed by the City of Eureka near Washington Elementary", said Washington Elementary principal Kathy Cloney-Gardiner. "These improvements are a wonderful part of to the Safe Routes to Schools program and are making it possible for more students to be active. When students are physically active, their minds become increasingly active as well."

For additional information or to find out what activities are taking place in your community, please contact Jenny Weiss, Planning Specialist at the Redwood Community Action Agency, at weiss@nrsrcraa.org or 707-269-2062.

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City of Eureka

Proclamation



In recognition of

INTERNATIONAL WALK TO SCHOOL DAY
October 6, 2010

Whereas, children, parents and community leaders around the world are joining together to walk to school and are becoming more involved with improving walking and bicycling conditions in their communities; *and*

Whereas, a lack of physical activity plays a leading role in rising rates of obesity, diabetes and other health problems among children and being able to walk or bicycle to school offers an opportunity to build activity into daily routine; *and*

Whereas, driving students to school by private vehicle contributes to traffic congestion and air pollution; *and*

Whereas, an important role for parents and caregivers is to teach children about pedestrian and bicycling safety and to work with schools and county staff to help find positive solutions to barriers children may face walking or biking to school; *and*

Whereas, transportation and land use planning efforts can establish policies that are supportive of a safe and inviting walking and bicycling environment; *and*

Whereas, promoting opportunities to use efficient, affordable, healthy modes of transportation such as walking and bicycling may contribute to improved health status in the community; *and*

Whereas, community members of all means and abilities are working with staff and local schools to make engineering and education improvements to enable children to safely walk and bicycle in our communities,

Now, Therefore, Be It Resolved that The City of Eureka desires to pursue safer, healthier and more inviting walking and bicycling environments for children of Humboldt County; *and*

Therefore, Be It Further Resolved that I Mayor Virginia Bass, and on behalf of the City Council, proclaim October 6, 2010, "International Walk to School Day" in Humboldt County, CA and encourage everyone to consider the safety and health of children today and everyday.



Virginia Bass

Virginia Bass

Mayor

October 5, 2010

PROCLAMATION
of the
BOARD OF SUPERVISORS
COUNTY OF HUMBOLDT

WHEREAS, children, parents and community leaders around the world are joining together to walk to school and are becoming more involved with improving walking and bicycling conditions in their communities; and

WHEREAS, a lack of physical activity plays a leading role in rising rates of obesity, diabetes and other health problems among children and being able to walk or bicycle to school offers an opportunity to build activity into daily routine; and

WHEREAS, driving students to school by private vehicle contributes to traffic congestion and air pollution; and

WHEREAS, an important role for parents and caregivers is to teach children about pedestrian and bicycling safety and to work with schools and county staff to help find positive solutions to barriers children may face walking or biking to school; and

WHEREAS, transportation and land use planning efforts can establish policies that are supportive of a safe and inviting walking and bicycling environment; and

WHEREAS, promoting opportunities to use efficient, affordable, healthy modes of transportation such as walking and bicycling may contribute to improved health status in the community; and

WHEREAS, community members of all means and abilities are working with staff and local schools to make engineering and education improvements to enable children to safely walk and bicycle in our communities.

NOW, THEREFORE, the Humboldt County Board of Supervisors hereby proclaims October 6, 2010, "International Walk to School Day" in Humboldt County, CA and encourages everyone to pursue a safer, healthier, and more inviting walking and bicycling environment for the children in our community.

DATED: October 5, 2010



GLIF CLENDENEN, Chair

International Walk to School Day

**Is taking place across the United States and around the world!
OCTOBER 6th, 2010**

Our school is participating in this exciting event and we hope that all families will do their best to WALK TO SCHOOL.



**Walk, bike, blade, scooter, skip or hop to school... or
drive part of the way, park and walk the rest!**

Families can meet at the Immanuel Lutheran Church parking lot
across from Safeway and walk to school from there at 7:30am.
Please spread the word, and get to school by your own power,
Wednesday October 6th!



Walking Wednesdays

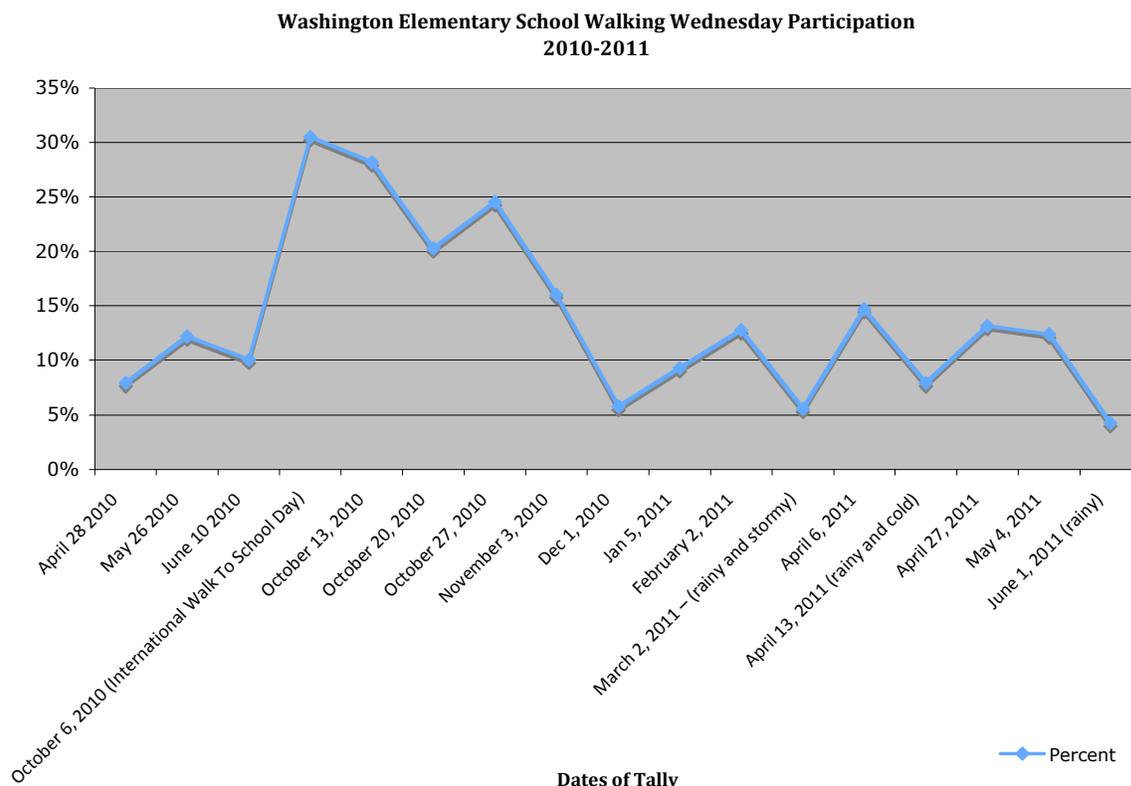
Description:

HumPAL facilitated 18 Walking Wednesdays between April, 2010, and June 1, 2011, at Washington Elementary School in Eureka. The grant objective for Walking Wednesdays was to increase percentage of students walking to school to 20%. In order to promote Walking Wednesdays, HumPAL staff:

- Designed and fabricated promotional banners for the school grounds and in the school neighborhood
- Created media, including Press Releases, Public Service Announcements, television spots, and newspaper interviews.
- Wrote school newsletter articles.
- Had the student government create banners for events.
- Utilized the school marquee announcing Walking Wednesdays.
- Awarded the Golden Sneaker at morning assemblies in the beginning of Fall semester.
- Attended on- and off-campus events to promote Safe Routes to Schools and Walking Wednesdays.
- Designated 'remote drop-off' locations for students who lived too far away to walk or bike.
- Attended PTA meetings in order to encourage parent participation and to ensure program sustainability.
- Helped school staff establish on-site walking activities for students who arrived via automobile and wanted a way to participate.
- Formed a partnership with PG&E and received a cash donation for incentives

Outcomes:

Participation ranged from a high of 31% of the student population to a low of 4%. Staff found that participation was dependent on weather conditions; location of the remote drop-off site; and specific promotional events during the year. For example, Walking Wednesdays were held every Wednesday in October. Participation was high throughout the month, ranging from 25-31% of the student population. International Walk to School Day on October 6, 2010, had the highest participation at 158 students. During other Wednesdays where there was rainy and/or cold weather, or during pre- and post-breaks, participation ranged from 4-9% of the student population. Over the course of the evaluation period, Walking Wednesdays had an average rate of 14% of the student population participating.





Redwood Community Action Agency _____

Simpson-Vance House 1892

FOR IMMEDIATE RELEASE

Contact: Jenny Weiss, HumPAL
(707) 269-2062

May 20, 2010

Washington Walking Wednesday Encourages Safety and Fitness

Eureka, CA – As part of the education and encouragement component of the Safe Routes to Schools program, Washington Elementary students will be walking and biking to school during an organized event on Wednesday May 26, 2010.

The Safe Routes to Schools program is designed to encourage all children to safely use active transportation or ride the bus to school. Walking Wednesdays take place monthly and provide multiple opportunities for students to walk to school with parents/caregivers, teachers, and community volunteers to become comfortable and familiar with getting to school on foot or by bicycle.

This Wednesday, Washington students can walk or bike from home or, for those who live too far to walk or bike to school, remote drop-off sites will be located at Safeway on the corner of Harris and Harrison and at the Sequoia Park playground. Students walking from the remote drop-off sites will be chaperoned by parents and other volunteers. Walkers should arrive at the drop off sites by 7:30 a.m. and will begin the walk to school at 7:45 a.m. There will also be walking activities on the Washington Elementary campus (weather permitting) beginning at 7:30 a.m. for students who ride the bus or are dropped off directly at the school. The event will offer free, healthy snacks, fun incentives and a drawing for all participating Washington Elementary students.

The Safe Routes to Schools program is also providing pedestrian and bicycle safety education at school, coordinating a district wide workshop to help families create school transportation plans, and creating an informational brochure that will highlight existing safer walking and biking routes to Eureka elementary schools. These efforts are the result of parent surveys administered at the school during the last two years that indicated one of the most prevalent barriers to students safely walking and biking to school is traffic safety. Organizer Jenny Weiss with the Humboldt Partnership for Active Living asks motorists to “always drive carefully, keep an eye out for pedestrians and bicyclists and please drive the speed limit, particularly in school zones.”

This event is being organized by the Humboldt Partnership for Active Living (HumPAL), Humboldt County Public Health Department, and the City of Eureka. For additional information, please contact Jenny Weiss at 707-269-2062.

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Times Standard Article Humboldt CAN byline 12 May 2010

Rain poured down on the morning of April 28 while several Washington Elementary School students waited outside the Safeway store on Harris Street ready to walk to school. They were dropped off by parents who support their children walking to school. The skies cleared just in time for Eureka Mayor Virginia Bass, Eureka Assistant City Manager Michael Knight and other adults to walk with the students to school.

Walking is not how most students get to school. Typically, 83% of Washington students hop into a car and join the hundreds of other cars that snake their way down Dolbeer Street to the Elementary School. Wednesday was special. It was Washington's first Walking Wednesday, an activity that encourages students to walk to school from home or a remote drop-off location like the Safeway store or the Sequoia Park playground. Walking Wednesdays creates a safe environment for students to be physically active by walking to school, which helps parents feel comfortable enough to allow their children to walk, and gives parents a break from the hectic slow drive through the school automobile drop-off line.

Eureka City School District is joining the Safe Routes to School (SR2S) efforts by encouraging walking and biking safety. These efforts are funded through the state Safe Routes to School program and in part by two California Endowment grants awarded to the Humboldt Partnership for Active Living and Humboldt County Department of Health and Human Services, Public Health Branch. The City of Eureka was awarded \$200,000 to build safe pedestrian pathways to Washington elementary school. Pedestrian and bicycle education, events, and activities that promote walking and bicycling will also be held at Washington and Alice Birney Elementary Schools.

Many parents, including Parent Teacher Association Board member Debbie Fish, appreciate the new 4-way stop sign at Dolbeer and Chester, "It's a huge improvement. It has been difficult in the past but now it's seamless. It keeps the kids safer...kids can cross (the intersection) without fear of getting hit", Debbie commented. This summer the City of Eureka will be adding raised crosswalks, completing sidewalk pathways, and 'Share the Road' signs. These improvements will all to help create a safe route to school for local children.

Washington and Alice Birney elementary students will have more walking Wednesdays to look forward to before the end of the school year. The students and adult volunteers will put their feet to the sidewalk and chatter with their classmates on their way to school. Adult volunteers at the schools are an important part of the program and help get the students safely to school. Adult escorts help create safe routes to school by talking about safe walking as they go.

A Safe Routes to School task force (a group of parents, engineers, school administrators, public health, and Humboldt Partnership for Active Living folks) will have the opportunity to share their observations and ideas about safety and about how to make it easier for students to walk to school and back. The task force will help create safe route maps for walking and biking to school and identify remote drop-off points for all Eureka City School District elementary schools, like the Safeway store drop-off point for Washington elementary.

Are you ready to help get more children walking or biking to school? There is support to help you! For Safe Routes to School information please contact Jenny Weiss at 269-2062 and weiss@nrsrcaa.org or Dorina Espinoza (contact information below).

Here's a tasty recipe to fuel the walk or ride to school:

Low-Fat Oat-Fruit Scone

(from *Lunch Lessons-Changing the Way We Feed Our Children*)

Makes approximately 16 scones

- 1 egg
- 1 cup low fat buttermilk
- 3 tablespoons vegetable oil
- 2 teaspoons grated orange peel
- ½ cup rolled oats
- 1 ½ cups whole wheat flour
- 1 ½ cups all purpose flour
- 1/3 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 ½ cups fruit and/or nuts (berries, cherries, peaches, raisins, etc)

1. Preheat oven to 350'. Grease cookie sheet with non-stick spray.
2. Beat the egg in a small bowl and mix well with buttermilk.
3. Add the oil and orange peel; mix to combine.
4. In a large bowl, mix the oats, flours, sugar baking powder and salt.
5. Stir the buttermilk mixture into the dry ingredients and mix until the dough comes together. Do not over mix.
6. Gently stir in the fruit and/or nuts.
7. Scoop heaping tablespoons of dough onto the cookie sheet.
8. Bake 10 minutes or until slightly golden on top.

Approximate nutrients per one scone: Calories 153, Total Fat 4 gm, Saturated Fat 0 gm, Cholesterol 16 mg, Sodium 237 mg, Carbohydrate 27 gm, Dietary Fiber 3 gm, Calcium 55 mg, Iron 2 mg

*Nutrients will vary depending on the fruits/nuts added.

Dorina M. Espinoza is a health education specialist for the physical activity and nutrition program at the Public Health Branch of Humboldt County Department of Health and Human Services. She can be reached at 441-5071 or despinoza@co.humboldt.ca.us.

Washington Elementary Newsletter Article
April, 2011

“I WALK AND ROLL!”

Spring is in the air, the weather is improving, and it is the ideal time of year to participate in Walking Wednesdays, a fun event for kids, parents, teachers and school staff to walk, bike or roll to school together. It's a great way to spend time together, get exercise, and practice good pedestrian safety skills. There will be free healthy snacks, giveaways, and a raffle drawing for all student participants. **Walking Wednesdays are every Wednesday in April (except April 20) beginning Wednesday April 6, 2011!** In May and June, they will take place on the first Wednesday of the month only.

If you are unable to walk, bike or roll to school from home, please be aware there is a new drop off location. **The new drop off meeting site is the Eureka City Schools District Office parking lot at 3200 WALFORD AVE - exactly 2 blocks east of the former church parking lot drop off location.** Take Wilson two blocks to Walford and turn right into the parking lot. **Please arrive promptly at 7:30am. We will begin our walk to school at 7:35am.**

The school bus will continue to drop students off at the corner of Chester and Harrison. All students who ride the bus that wish to participate and have a signed permission slip will be met at the old location of Chester and Harrison and can walk to school supervised with the group from there.

See you on Wednesdays in April!



Children Need Safe Routes to Schools!

The Safe Routes to Schools (SR2S) program is a community-led initiative that encourages all children to safely walk, bike and roll to school.

The recent completion of sidewalks and installation of raised crosswalks near Washington School were made possible by this program. Education and encouragement activities will further help create a safer walking and bicycling environment. These activities include:

- Pedestrian and Bicycle Safety Education
- Developing school walking/biking route maps
- Physical activity awareness programs
- Walking Wednesdays (1st Wed. of every month)

Get involved!
We need parent volunteers for:

Walking Wednesdays
SR2S Parent Group
Walking School Buses

Visit www.humpal.org for information

**INTERNATIONAL WALK TO
SCHOOL DAY
OCTOBER 6, 2010**

Join students and communities world wide and bring awareness to pedestrian safety and the joys of walking! For more information contact **Jenny Weiss at weiss@nrsrcaa.org or 707-269-2062.**

Initial SR2S flyer sent home with students in the fall of 2010



come join the fun!

**walking wednesdays are every
week in April (except April 20).**

**walk or roll from home or meet
at walk from the remote drop off.**

Please note: The drop off location has moved to the Eureka City Schools District Office at 3200 Walford Ave. From the former church location, take Wilson two blocks east and turn right into the parking lot.

Please arrive at the drop off at 7:30 am sharp! We will begin walking at 7:35 am.

All students who ride the bus that wish to participate and have a signed permission slip will be met by a chaperone at the old drop off location of Chester and Harrison and will walk to school with the group under adult supervision from there.

Healthy Snacks and prizes for all student participants. See you on Walking Wednesday!

For more information or to volunteer contact Jenny Weiss at weiss@nrsrcaa.org or 707-269-2062.

Flyer sent home with students for Walking Wednesdays in April 2011

Poverty expert discusses corporate social duty

ARCATA — Global growth and poverty expert Aneel Karnani of the Ross School of Business at the University of Michigan will assess corporate responsibility for larger social goals when he delivers the annual Chung-Watson Lecture at Humboldt State University on Thursday at 4 p.m. in the Kate Buchanan Room, University Center.



Aneel Karnani

Karnani's lecture is titled "Doing Well by Doing Good: The Grand Illusion." He will argue that most big societal problems are linked to market failures, that managers cannot be relied on to maximize social welfare and that governments must intervene to compel corporations to support the public good.

A five-time recipient of the University of Michigan's Teaching Excellence Award, Karnani lectures worldwide and is the author of "Fighting Poverty: Rethinking Strategies for Business, Governments, and Civil Society to Reduce Poverty." He has held teaching appointments at universities in the U.S., England, France, China, India, Thailand and Costa Rica.

HSU's annual Chung-Watson Lecture takes its name and support from alum Po Chung (1969), co-founder of the Asia Pacific Division of DHL Express and a Hong Kong artist and business magnate. Recipi-

Washington Elementary School students participate in last week's "Walking Wednesday" event in Eureka.



SUBMITTED

'Walking Wednesday'

April event encourages kids, adults to get exercise

EUREKA — Washington Elementary School students started their day a little differently this past Wednesday morning. Instead of traveling to school by car, nearly 80 students participated in "Walking Wednesday," a regular event that encourages students and families to get some exercise by walking, bicycling or rolling to school.

The event is one part of a comprehensive Safe Routes to Schools program designed to create safe environments and encourage children, including children with disabilities, to use active means of transportation to get to and from school. For the past school year, Washington students have been participating in Walking Wednesday on the first Wednesday of every month. In celebration of Earth Day during the month of April, students will be walking to school every Wednesday (except April 20 because of spring break) along with parents, teachers and community members.

Students can participate by either walking or biking from home or, for those who live too far to walk or bike to school, a drop-off site has been established at the Eureka City Schools District Office, 3200 Walford Ave. Students are chaperoned by parents and other volunteers. Several members of the ECS District Office staff, including Superintendent Gregg Haulk, joined the students on their walk to school this past Wednesday.

"It's an all-around great event" said Haulk. "Not only does it give kids an opportunity for physical activity, walking from the District Office is a great way to start the day and it helps our staff feel con-

nected to Washington Elementary students, families and staff."

Surveys taken by parents in the Eureka City Schools District in the last two years indicate that one of the most prevalent barriers to students being allowed to walk or bike to school is traffic safety. Pedestrian, bicycle and driver education are essential to ensuring safe commuting to and from school. Walking Wednesday organizer Jenny Weiss, with the Redwood Community Action Agency, asks motorists to "always keep an eye out for pedestrians and bicyclists and please drive the speed limit, particularly in school zones."

The remaining Walking Wednesdays of the school year for Washington Elementary will take place this coming Wednesday, April 27, May 4 and June 1. Drop-off walkers should arrive at the ECS District Office by 7:30 a.m. and the walk to school will begin by 7:40 a.m. All students who participate will receive free healthy snacks, fun prizes and a raffle ticket for the chance to win a special award, such as donated gift certificates from the Discovery Museum, Bounce-a-Palooza, and the Sequoia Park Zoo. Students who are dropped off directly at school can also participate in a walking activity on the Washington Elementary campus beginning at 7:30 a.m. (weather permitting).

This event is being organized by the city of Eureka and the Humboldt Partnership for Active Living, a project of the Redwood Community Action Agency. For more information, contact Jenny Weiss at weiss@nrscaa.org or 269-2062.

CAN YOU HELP?

Times-Standard Article April 10, 2011

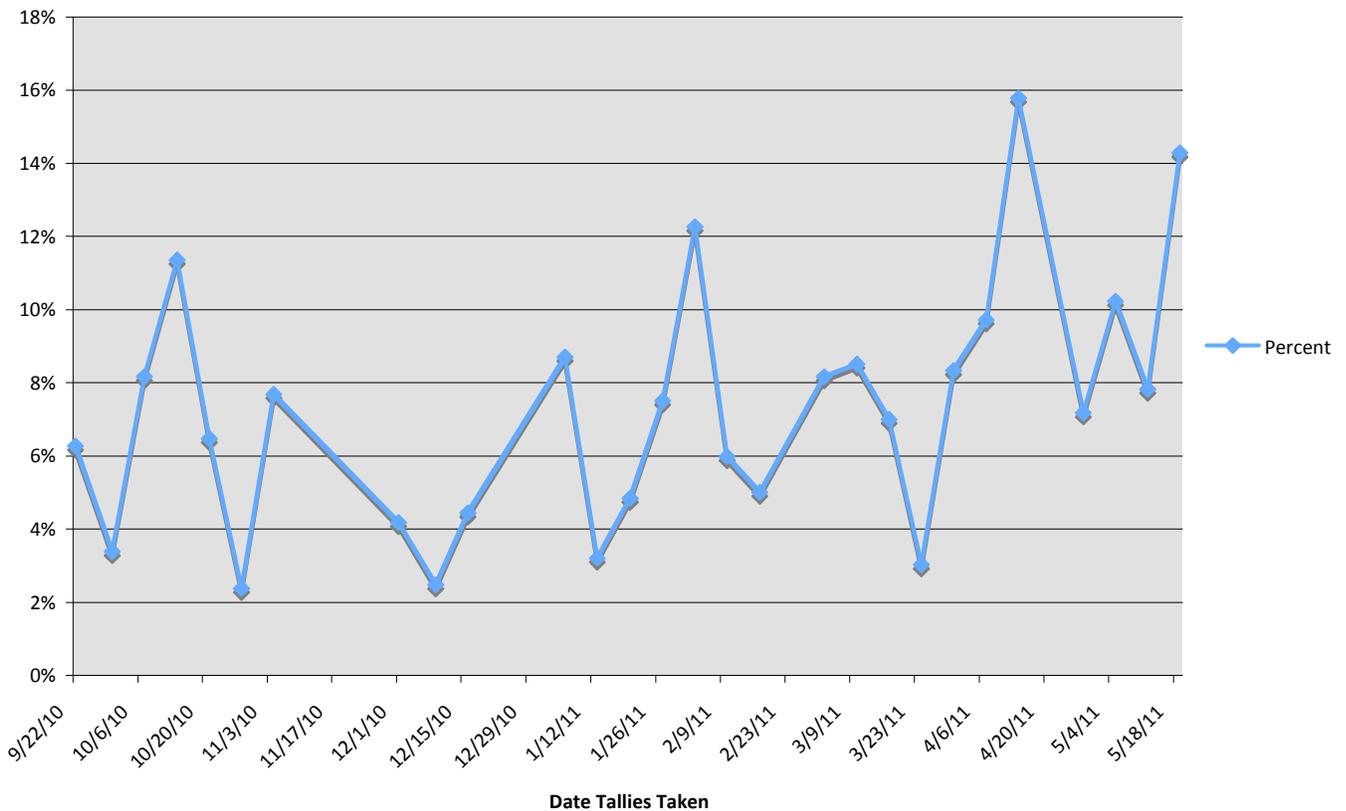
Weekly Tallies/Golden Sneaker Competition

Description and Outcomes

Teachers at Washington Elementary School agreed to collect hand tallies every Thursday. Teachers asked students which mode was used to travel to and from school that day, including walking, biking, the family vehicle, public transportation, school bus, carpool, or 'other.' One goal of the Education and Encouragement program was to have 15% of students walking on days other than Walking Wednesdays. The collection of the data was dependent upon teacher participation; some weeks had significant participation, with almost every teacher turning in a hand tally; others, only one teacher participated. Staff calculated the percentage of students walking to school by the number of students who walked, divided by the total number of students who were tallied. Walking rates ranged from 2% to 16%. To promote the participation of teachers, HumPAL staff:

- Sent reminders via the principal.
- Established a consistent day of the week for data collection.
- Attended staff meetings to explain the importance of the tallies.
- Provided a prize for the teacher who turned in the most tallies.

**Washington Elementary School Safe Routes to School Participation
Weekly Tallies, 2010-2011**



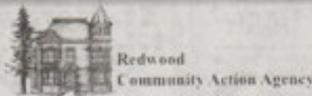


The classroom with the highest percentage of walking and bicycling each month kept the Golden Sneaker in their classroom for the month.

Congratulations...

...to Mrs. Gray-Stewarts Class at Washington Elementary School for having the overall highest percentage of students walking and bicycling to school this year!

You Walk & Roll!



Pacific Gas and Electric Company

HumPAL
Humana Partnership for Active Living

Final ad in Times Standard congratulating Golden Sneaker competition winners

Washington Elementary Route Map and Brochure

A practical guide for walking and biking to school has been developed for Washington Elementary School. It includes health and safety tips and is designed to address parent concerns about safety as well as raising awareness in the school community about SR2S. It also includes a walking map with frequently used/safer walking routes to school that were determined by on-the-ground route checks as well as through input from parents.

| | |
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| <p>of the bus danger zone - 10 feet or closer)</p> <ul style="list-style-type: none"> Always give buses plenty of room (stay out the street Continue to look for cars while crossing Make eye contact with drivers before you cross Look left, right, and left again before crossing an edge Look left, right, and left again before crossing a driveway, or any place where a car may be driving) Stop at any "edge" before crossing (an edge could be a curb, the start or end of a sidewalk, a place where the sidewalk crosses streets only at corners Cross streets only at corners Walk with adults or other kids when you can | <p>Tips to share with kids...</p> |
|--|--|

| | |
|---|---|
| <p>Adapted from the N. California Kids on Bikes' safety guide</p> <ul style="list-style-type: none"> ALWAYS wear a helmet and make sure it fits Wear bright colors - be visible! Look left, right, and left again before you go Ride the same direction as the cars Ride in a straight line (don't swerve - be predictable) Be careful approaching alleys & driveways Stop at All stop signs Look out for parked cars (they might start moving or doors may open) | <p>Tips* to share with kids...</p> |
|---|---|



| | |
|---|--|
| <p>Safe Driving Tips</p> <ul style="list-style-type: none"> Drive slowly in the school zone (15 - 25mph) Use extra caution during arrival and dismissal Turn off your engine while waiting Keep clear of driveways and fire hydrants Stop and/or park AWAY from crosswalks No double parking in school zones Texting and handheld cell phone use while driving are against the law in California* | |
|---|--|

*The California Vehicle Code can be found at: www.dmv.ca.gov/pubs/vctop/vc/vc.htm

Walk This Way!

Washington School

A Walking and Biking Guide for
Eureka City Schools
Elementary Students and Parents



Washington Elementary

Active Child Pledge



Creating a safe school environment means knowing and following all school loading zone rules, turning off your engine while waiting, and being a good role model as a driver, pedestrian, and bicyclist.

I will encourage my child to get regular physical activity by participating in Walking Wednesdays. I also agree once a month to drop him/her off several blocks from school to walk the rest of the way with me or with friends.



Parent/Guardian: _____

To be healthy and strong, I will use my own power to get to school on Walking Wednesdays. I will also ask my parent/caregiver once a month to drop me off several blocks from school and walk the rest of the way with them or with friends.



Student: _____

The Active Child Pledge was created as a way for parents and students to reach a common goal of increasing the physical activity levels of Washington Elementary School students.

Feet and Wheels First Workshop and Pedestrian Education

Feet and Wheels First was a direct outcome of the City of Eureka Safe Routes to School Cycle 8 grant requirement and had two components designed to aid in the development of safe and proficient walkers and bike riders and begin developing life-long walkers and bicyclists.

- The 'Step into Safety' Back to School Family Fun Day was a workshop held for students and their parents/guardians. The event was held at Washington Elementary on Saturday August 28, 2010 and was open to all K-5 Eureka City School students and parents.

The goal of the workshop was to provide families with the information they needed to understand all available transportation mode choices for their family, and to assist them in developing a family travel plan that is safe, convenient, and affordable. The workshop was designed to be skills based and provided a hands-on, experiential learning opportunity.

The long term-goals of the workshop were to create lifelong walkers and bicyclists by highlighting the convenience, health benefits, and enjoyment of walking and bicycling as a means of transportation to school. It is hoped that the workshop will help garner family, school, neighborhood, and community support for Safe Routes to Schools and that the percentage of students walking and bicycling to school will increase as a result. In addition, the workshop offered an opportunity for parents to further commit to increasing the health and wellbeing of their children through signing an Active Child Pledge that supports the idea of students walking at least a few blocks to school with their friends or with parent supervision.

After enjoying a free breakfast donated by the North Coast Co-op and Los Bagels, families worked as a team cycling through a series of stations that represented different travel modes such as the school bus, walking, biking, and private vehicle. Additionally there were stations on Health, Safe Routes to Schools, and Clean Air, which all have a direct relationship to transportation choices. By completing hands-on activities at each station, children and their parents/caregivers learned important safety skills and were able to develop a travel plan for getting their children to school safely, conveniently, and affordably. Families also earned raffle tickets for each activity station they completed for a chance to win great raffle prizes like bike helmets, bike safety kits, gift certificates for the Co-op and Safeway, and a family membership to the Sequoia Park Zoo.

- The Feet and Wheels First component also provided pedestrian safety education to 2nd graders at Washington Elementary. The intent of the two lessons taught was to give students the knowledge to identify safe and unsafe places to walk. Students also learned how to demonstrate skills and knowledge of a safe pedestrian.

The learning objectives of the pedestrian education were for students to be able to:

- Define "pedestrian" and the various components of the roadway.
- Understand and demonstrate the steps necessary to cross the road safely.
- Use senses to observe potential dangers to pedestrians on the roadway.
- Know the meaning of pedestrian signals and what to do when they change.
- Determine the locations of the safer places to cross the street.
- Demonstrate safe choices and behaviors when walking on a sidewalk in a group.
- Practice safe pedestrian behaviors and skills both in a controlled setting and in the neighborhood.



WASHINGTON ELEMENTARY SEA OTTERS





Where to find us:

3322 Dolbeer Street
Eureka CA 95503
(707) 441-2547

[Map & Driving Directions](#)

Guide

- [WASHINGTON HOME](#)
- [PARENT INFORMATION](#)
- [AFTER SCHOOL PROGRAMS](#)
- [SCHOOL PTA](#)
- [OUR PRINCIPAL](#)
- [OUR STAFF](#)
- [PUBLICATIONS](#)
- [SCHOOL CALENDAR](#)
- [CONTACT US](#)

Home

Washington School has a proud tradition of academic excellence, coupled with many opportunities for creativity, exploration, and discovery. Our EAST grant has assisted our students in gaining experience with technology. We are fortunate to be part of an interactive science project where our fourth and fifth grade students can talk live with science experts through video conferencing.

In 2005–2006 Washington students continued to show excellent progress as measured by the Academic Performance Index (API), with an increase from 856 in 2004–2005 to 875 in 2005–2006. In addition, we were selected as an Honor School by the California Business for Education Excellence (CBEE) Foundation and Just for Kids-California (JFTK-CA) as one of 304 public schools in California to receive the title of 2005 Honor Roll school.



Get school bus routes and times here or call (707) 441-2503 for current route information and times.

Parents assist at learning centers, serve as crossing guards, re-shelve library books, participate in enrichment activities, and provide transportation for student field trips. The Washington School staff looks forward to an ongoing partnership with parents in the coming school year. In addition, we have partnerships with numerous community agencies who give their support for our children in a variety of ways enriching our students' school experience.

The Washington School staff looks forward to an ongoing partnership with parents in the coming school year. We welcome your involvement!



★ Test Scores & Awards



i In The News All News

Step Into Safety: Back to School Family Fun Day

08/03/2010
August 3, 2010
A Pedestrian and Bike Safety Workshop for Eureka City Elementary School students and families will be held on Saturday, August 28, from 9:00 a.m. through 12:00 p.m. at Washington Elementary School. Families will have the opportunity to participate in hands-on activities at various stations that focus on specific transportation modes such as walking, bicycling, riding the school bus, and traveling by private car or carpool.

Grant, Washington and Winship schools earn state recognition for boosting student achievement

03/29/2007
EUREKA— An ongoing and coordinated effort to boost student achievement at three Eureka schools has been recognized as a distinguished accomplishment by the California Department of Education (CDE).

Grant and Washington Elementary Schools recognized by California Business Community for high academic achievement

10/30/2006
EUREKA— Eureka City Schools announced today that Washington elementary school has been selected by the California Business for Education Excellence to receive the title of 2006 Honor Roll school.

Information on the workshop was available on the Eureka City Schools website.



Redwood Community Action Agency_____

Simpson-Vance House 1892

FOR IMMEDIATE RELEASE

Contact: Jenny Weiss, HumPAL
(707) 269-2062

August 19, 2010

Back to School Event Helps Students Travel Safely

Eureka, CA - Just in time for school to start, a free workshop is being offered to make sure elementary students from Eureka City Elementary Schools can get to and from school safely. The event, called "Step Into Safety: Back to School Family Fun Day," will be held on August 28, 2010, from 9 am to 12 noon at Washington Elementary School 3322 Dolbeer Street in Eureka. The event will offer safety information and help with planning for different ways students travel to school. Families will have the opportunity to cycle through various 'stations' that represent different forms of travel such as walking, biking, carpooling and riding the school bus. Working as a team, fun exercises are planned for each station that will allow families to calculate the time it would take to get to school by each option. By completing each station task, families will be able to create a school travel plan that is safe and convenient and will earn raffle tickets for great prizes such as a family membership to the Sequoia Park Zoo.

The event is being hosted by the City of Eureka, the Department of Health and Human Services Public Health Branch (PHB), and the Humboldt Partnership for Active Living (HumPAL), a project of the Redwood Community Action Agency (RCAA) through the Natural Resources Services Division and is a part of the Safe Routes to Schools (SR2S) program. SR2S encourages children, including those with disabilities, to get to school safely by walking, biking, and rolling. This school year, HumPAL and PHB will be leading activities such as International Walk to School Day and other walk-to-school events at several Eureka City Elementary Schools to help increase the number of children walking and biking to school.

All children travel to and from school each day and whether they ride the school bus, walk, bike or travel by carpool it is important for them to learn the skills they need to be safe and knowledgeable. Children are encouraged to bring their bike helmets to the workshop so they can be inspected for a proper fit. Workshop staff will also teach participants how to check a child's bicycle to ensure it is the right size for the rider. Basic safety tips like these will be emphasized through fun, hands-on activities that will be interesting and entertaining for the whole family. Parents will also be able to express specific safety concerns to city staff about the elementary schools that their child/ren attend.

For more information visit www.humpal.org/eureka_saferoutes or call 707-269-2062.

#

Please note we will be available for interviews the day of the event. Please contact either: Jenny Weiss at HumPAL at 269-2069 or weiss@nrsrcaa.org; or Sheila Parrott at the City of Eureka at sparrott@ci.eureka.ca.gov or 707-441-4350. For photo opportunities, families should be participating throughout the event so feel free to arrive any time between 9 am and 12 pm.

Humboldt CAN: Eat Well, Get Moving, Feel Good
Family-oriented event to encourage walking and biking to school

The days are growing shorter, summer activities are slowing down, and kids are getting ready to go back to school. A new program is gearing up to make sure kids in the City of Eureka can get to and from school safely.

A free event called “Step Into Safety: Back to School Family Fun Day”, just in time for school to start, is being hosted by the City of Eureka, the Department of Health and Human Services Public Health Branch (PHB), and Humboldt Partnership for Active Living (HumPAL), a project of the Redwood Community Action Agency through the Natural Resources Services Division. The event will have walking, biking, carpooling and bus ‘stations’. At each station, families will work together as a team to calculate the time it would take to get to school by each option and will have fun activities to help children learn lifelong walking and biking safety skills. Families can also get help to create a school travel plan that is convenient, affordable, and safe. Los Bagels and the Northcoast Coop will provide free breakfast snacks. For every station a family completes, they will be able to enter a drawing for great prizes such as a family membership to Sequoia Park Zoo!

This free event will take place on Saturday August 28 from 9am until noon at Washington Elementary School (3322 Dolbeer Street in Eureka). It is open to the students and families of Washington, Alice Birney, Lafayette and Grant elementary schools.

“ Washington School is pleased to host this very valuable free event”, said Washington Elementary Principal Jan Schmidt. “I hope that all elementary families in Eureka City Schools take advantage of this great opportunity.”

Safe Routes to Schools helps children, including those with disabilities, get to school safely. At Washington Elementary School sidewalks and crosswalks are being improved and constructed to help children to walk and bike to school safely. This work is being done by the City of Eureka through a grant from Caltrans. This school year, the HumPAL, and PHB are leading fun in-school activities such as International Walk to School Day and classroom competitions to increase the number of children walking and biking.

Saturday’s workshop will teach students and parents/caregivers the important skills they need to be safe and knowledgeable walkers and bicyclists. “Arrival and dismissal times are extremely busy at any elementary school. People are in a hurry, children are everywhere, and, while rare, the accidents that do happen are preventable” says Noelle Melchizedek of HumPAL. “Learning key safety concepts, such why to always cross at an intersection instead of mid-block, will enable parents and children to be safer pedestrians. And, since parents and caregivers lead their children in all three roles of walker, biker, and driver, we will provide safety concepts they can use to be proactive.”

Children are encouraged to bring their bike helmets to the workshop so they can be inspected for a proper fit. Basic safety tips like these will be emphasized through fun, hands-on activities that will be interesting and entertaining for the whole family. Parents will also be able to let city staff know their specific concerns around the elementary school their child/ren attend.

Try this healthy breakfast idea to help give your active kids the energy they need to safely walk and bike to school. This is great for breakfast on the go. Make it your way by using your favorite mix of vegetables.

Veggie Scramble Wraps
(adapted from *Soulful Recipes*)

1 cup chopped fresh or frozen vegetables such as bell peppers, onions, broccoli and mushrooms

1 cup egg substitute (or you can use 4 eggs)

2 (6 inch) whole wheat flour tortillas

¼ cup grated lowfat Cheddar cheese

Spray a medium skillet with nonstick cooking spray and heat over medium heat.

Cook vegetables until tender, about 5 minutes.

Add egg substitute (or eggs) and stir until thoroughly cooked, about 5 minutes.

Warm the tortillas in the microwave for 5 to 10 seconds.

Place half of the egg mixture in each tortilla and sprinkle with cheese.

Wrap the tortilla around the egg mixture and enjoy!

Nutrition information per serving (using egg substitute): 191 calories, 4 g total fat, 1 g saturated fat, 3 mg cholesterol, 537 mg sodium, 19 g carbohydrate, 4 g dietary fiber, 21 g protein.

Jenny Weiss is a Planning Specialist for the Natural Resources Division of the Redwood Community Action Agency and coordinates the Safe Routes to Schools activities for HumPAL. For more information call 707-269-2062.

Times-Standard article from August 26, 2010

Step into Safety: Back to School Family Fun Day Radio PSA's

30 second radio spot

On Saturday August 28th, Eureka City elementary school students and families are invited to a Back to School Family Fun Day. Compete as a family for great prizes and learn about Safe Routes to Schools. Whether your kids walk, bike, ride the bus or travel by car, don't miss this fun event that will give them the valuable skills they need to get to school safely. That's Saturday August 28 from 9am to noon at Washington Elementary in Eureka. For more information call 269-2062 or visit humpal.org

60 second radio spot

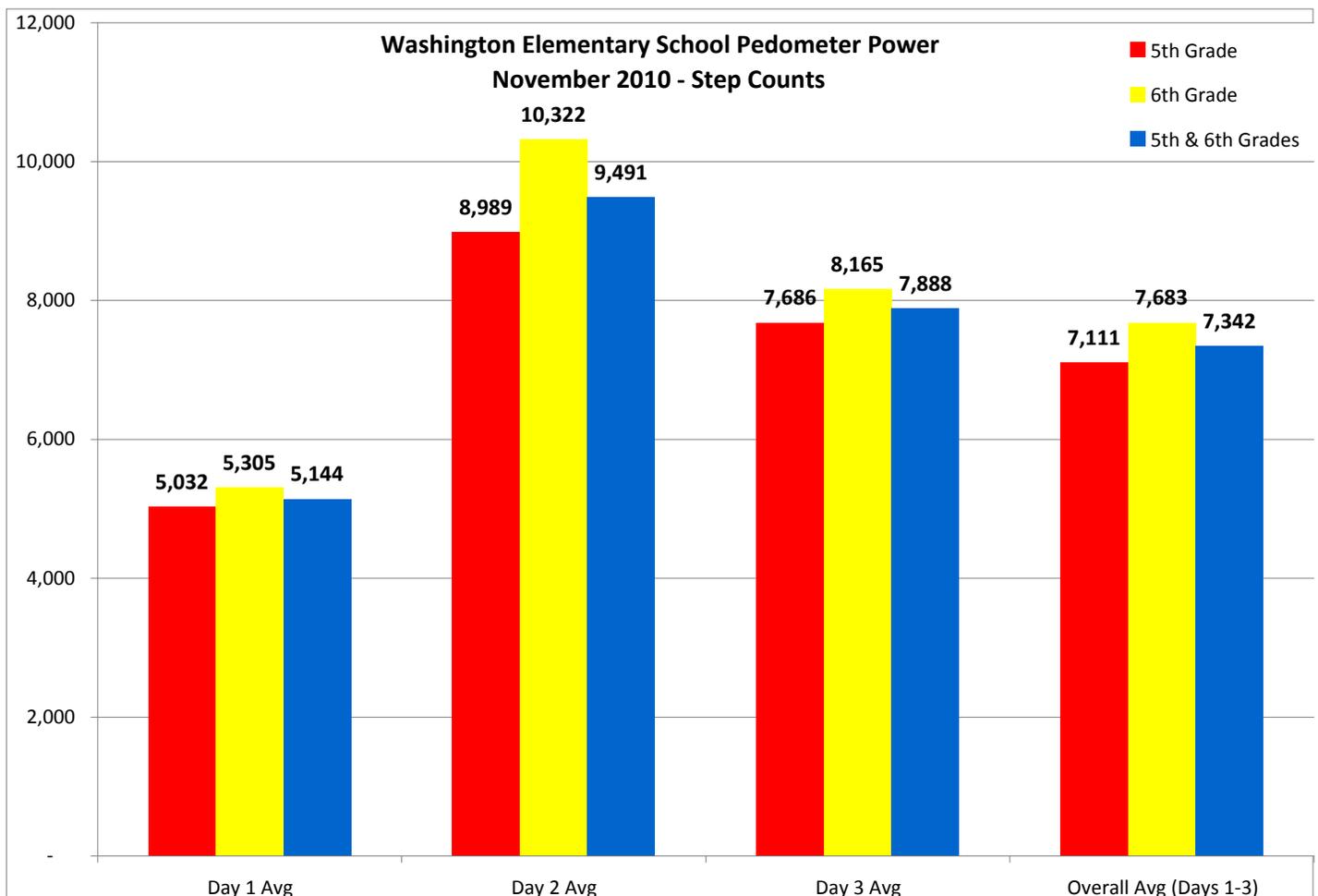
Just in time for school to start, the City of Eureka, the Humboldt County Public Health Branch, and the Humboldt Partnership for Active Living are hosting a fun back to school event called Step Into Safety Family Fun Day. On August 28 from 9am til noon, families can participate in hands on activities to learn about safe ways to get kids to and from school. Refreshments will be provided and your family will have the opportunity to win great prizes. Whether your kids walk, bike, ride the bus, or travel by car to school, don't miss this opportunity to teach them lifelong pedestrian and bicycle safety skills and create a school travel plan that works for your family. This free workshop will take place at Washington Elementary School in Eureka and is open to the students and families of Washington, Alice Birney, Lafayette and Grant elementary schools . That's Saturday August 28 from 9am til noon. This program is part of the Safe Routes to Schools program which is designed to encourage all children to safely walk, bike, roll and ride the bus to school. For more information call 269-2062 or visit www.humpal.org

Public Service Announcements that aired on local radio stations.

Pedometer Power Program

Description and Outcomes

HumPAL partnered with the Public Health Branch to plan the Pedometer Power Program, which was implemented by Public Health staff. Public Health staff loaned pedometers to the 5th and 6th grade classes for a period of three days in November 2010. This program was implemented after students had become accustomed to Walking Wednesdays and completing the weekly hand tallies. As the graph below indicates, students were given the pedometers for three days. Over the course of those three days, students' steps increased greatly the second day and also saw a lesser, but still significant increase, the third day. Public Health staff believe that with a more robust implementation plan, further in-classroom competitions with pedometers could be utilized to increase the number of steps students walk. There are programs that count the number of steps it takes to go around the world, or to a distant city or country, with the goal of students 'getting there' in a certain timeframe such as the 'Walk Around the World' program initiated by the Way to Go program in B.C. Canada. Through this program, a map is displayed in the classroom highlighting an area of interest to the students. Students keep a travel diary to track the number of times they walk or bike to and from school. Once a week, students multiply the number of times they walk or bike to or from school by the number of miles from their home to school. Then the students' miles are added together and the map scale is used to determine how many inches it represents on the map. Next a string is cut to the length of the miles traveled and it is pinned on the point of the map where the school is located and stretched out to see where the students can go. Students can then decide as a class where they will go each week.



Lessons Learned

The Education and Encouragement Programs did reach grant goals at certain times of the year. HumPAL staff has identified challenges associated with increasing student participation in Safe Routes to School activities at Washington Elementary, as well as potential solutions. These lessons are intended to inform future efforts to establish Education and Encouragement programs at other Eureka schools.

- **Weather**

Participation significantly declined during rainy mornings. Even when there wasn't rain, but storms had been predicted the evening before in weather reports, students did not participate.

- **Distance to School**

According to Parent Surveys, only 13% of students live up to ½ mile from the school. 18% live ½ to 1 mile away; 29% live 1-2 miles away; and 40% live more than 2 miles away. Participation in walking or biking to school is hindered simply by the distance the majority of children live from Washington. By establishing a remote-drop off location, staff were able to encourage more students to participate in Walking Wednesdays.

- **Remote Drop-off Location**

Staff tried various locations for remote drop-offs, including in the nearby Safeway parking lot; the Sequoia Park playground; a nearby church; and the Eureka City Schools District Office. Initially, the Safeway parking lot and the Sequoia Park were used simultaneously as remote drop-off locations. Staff found that the Safeway parking lot was not the best location, given the amount of vehicles coming in and out of the parking lot during school arrival times. Also, staff relied on Americorps volunteers to help with both locations; that program was de-funded during the Fall 2010 semester, and staff had to consolidate the drop off locations into one. Next, the nearby Immanuel Lutheran Church parking lot was used. This location was much closer to the school and did not provide much of a walk for students. However, church members began to volunteer for Walking Wednesdays, adding to the adult volunteers and engaging the community in a school event. In late spring, District Office staff, including the Superintendent, identified that their location would provide a greater distance for the students to walk, and would also enable their participation in the program. This was the first indication by District Office staff that they wanted to be invested and participate in the program. HumPAL staff agreed to move the remote drop-off location and posted notice in the school newsletter and also had volunteers redirecting parents from the previous location at the church parking lot.

- **Parent Participation**

The Washington Elementary School neighborhood has certainly benefited from infrastructure improvements, slowing traffic and providing contiguous sidewalks for pedestrians. Safe Routes programs are most successful when there are parents who have the time and passion to be involved from the beginning of planning the program. In the case of Washington, the need for safety improvements was recognized, and was what drove the application for the project. There were not many parents who were passionate about getting more students to walk and bike to school, however. Staff worked diligently to engage parents over the course of the year, including attending several PTA meetings; tabling at school events; and consistently calling parent volunteers when opportunities arose. A few, very key parents consistently participated – two even regularly coordinated the on-site activities, including hanging the “I Walked to School” poster and handing out healthy snacks and incentives at school.

- **Community Support and Partnerships**

The SR2S program received tremendous support from the community. Neighbors, congregation members, and ECS District Office staff joined students walking from the remote drop-offs (Immanuel Lutheran Church parking lot and ECS Office parking lot) and several local businesses including PG&E, Piersons, and North Valley Bank made donations in order to provide participants with healthy snacks and fun incentives.

Conclusion

The goals of the grant were to increase students walking to school on Walking Wednesdays to 20%, and to 15% on other days of the week. The Education and Encouragement Program at Washington Elementary School, in conjunction with infrastructure improvements, increased walking to school from the baseline data gathered in September 2010. Walking Wednesdays participation ranged from a high of 31% of the student population to a low of 4%; hand tallies indicated that 2% to 16% of those surveyed walked on non-Walking Wednesdays. During some parts of the year, the goals of the grant were met.

Several factors may have affected the participation rates, including the fact stated earlier that, according to Parent Surveys, most students live beyond walking or bicycling distance. Aside from distance to school, other factors, including parent investment and weather, most likely factored into the rates of students walking.

Another factor that may have affected participation rates was that there was a new principal in the 2010-2011 school year. The principal who initially championed the Safe Routes to School work at Washington left for another elementary school. Staff were fortunate that the new principal was supportive of the Education and Encouragement activities being implemented but it often felt as if other responsibilities took precedent over supporting the program in practice. This meant that Staff were able to implement several aspects of the program, but faced challenges expanding participation or creatively engaging parents.

Safe Routes to Schools Education and Encouragement Programs emphasize fun ways to support safe walking and bicycling, therefore HumPAL staff believe that overall, the Education and Encouragement Program was quite successful. Students learned safe walking skills, parents were made aware of the benefits of physical activity, and neighbors and motorists awareness increased due to media, publicity and banners hung at school and in the adjacent neighborhood.

Students, parents, staff, and the school principal regularly expressed their appreciation and enjoyment of the program. The principal also expressed her appreciation for how the program helped her get to know the students and parents better in a fun, non-academic setting. Towards the end of the school year, several meetings between parents and teachers took place to discuss the sustainability of the Walking Wednesday program. Because of the enthusiasm and enjoyment this program created, Walking Wednesdays are likely to resume in the fall which further validates the benefits and success of the Safe Routes to Schools Education and Encouragement program.

Suggestions for Future Programs

Future Education and Encouragement Programs could include the following suggestions for improvement:

- **VOLUNTEER COORDINATION:** Prioritizing planning for direct contact with parents outside of the PTA. Staff made requests to the school principal to participate in more after- and in-school activities that involved parents in hopes of doing outreach and identifying parent champions and volunteers. Unfortunately, the principal was not able to meet those requests, likely due to a very full schedule. Eliminating the principal's task of asking teachers to identify potential parent volunteers and having staff contacting teachers directly may result in quicker results and engaging committed long-term volunteers.
- **EFFICIENT DATA COLLECTION:** To assure better return rates of classroom hand tallies from teachers, Staff could send weekly email reminders directly to teachers instead of asking the principal to do so.
- **EFFICIENT DATA COLLECTION:** Staff could set up an online tally system for teachers to fill out each week instead of having an additional piece of paper added to their piles of daily/weekly tasks. This could eliminate tallies being lost or misplaced and assure they be counted each week.
- **ENGAGING PARTICIPATION:** Staff could create a memo of shared responsibilities to the program to help ensure continued commitment and participation throughout the year.
- **WEATHER BARRIERS:** One solution to increasing participation during the rainy season could be to provide 'Safe Routes to School' themed rain gear, such as galoshes, rain jackets, or umbrellas, to reduce the weather barrier.

Specific classroom competitions could be created to encourage participation particularly during the rainy months.