

ACTIVE TRANSPORTATION & SAFE ROUTES TO SCHOOL NEWS

HUMBOLDT COUNTY SEPTEMBER 2020



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That Fall Feeling

by Jenny Weiss

A fuzzy brown 'woolly bear' caterpillar made its way across the bike path while I was out riding last week. While there have been many unknowns and uncertainties this year, seeing that familiar insect was a sure sign that fall is on its way. As the days grow shorter and temperatures start to cool, something else remains constant - kids are going back to school. It may not look like a typical school year to many, but classes will be in session whether in person or online through distance learning.



Above: A woolly bear caterpillar

Woolly bear caterpillars are noticeably abundant this time of year for a reason - to get to their overwintering site. Once they find a protected spot under a rock or in a crevice, they will curl up and spend the winter there. Never mind that the temperatures might freeze. Their bodies will freeze too but eventually they will thaw out and start looking for food.

Once they are large enough, they will build a silky cocoon and two weeks later they will turn into a moth. Like the woolly bear, our lives tend to change throughout the year. Many of our routines and habits are influenced by the seasons forcing us to adjust and adapt just like they do. Every once in a while, situations feel out of our control just as they are now due to the coronavirus pandemic and the racial inequities experienced by Black, indigenous and people of color. But our resilience and ability to speak out and take action are the keys to coping with the many stresses we are facing during these uncertain times. It is also important to take good care of our physical and mental health right now so that we are better equipped to help others. Flight attendants always remind us to 'secure our own oxygen masks before helping others secure theirs'. Simple ways to care for ourselves include making sure we are getting plenty of rest, eating healthy, and staying active. This month is Cycle September, the final month of the 2020 National Bike Challenge. [Register online](#), get out your bike and ride for fun, fitness, camaraderie and a chance to win prizes. Encourage your family to join you as it a great way to exercise, connect and clear your mind for a bit.

I admit there are days I want to curl up under a rock like the woolly bear and I know many people, including children, may feel the same way lately. But I also know each moment is temporary and in the spring, when the woolly bear stretches its new moth wings for the first time, things will be different again. Our children's education may still not look like what we were expecting but they too are resilient. For the time being, simple acts like cooking with a child, working on a project together or introducing them to something new can provide a unique experience and valuable life lesson outside of their typical school day. As we all await that first whiff of rain, the reality is we each have a role to play in creating meaningful change in the world, including fighting a pandemic and transforming societal systems to end racism and intolerance.



South Fortuna Elementary Gets New Name

Residents are noticing and using the new sidewalks, bike lanes and corner curbs recently installed at what was formerly known as South Fortuna Elementary School. But these great walking and bicycling improvements are not the only change at the school this year. Starting this fall, South Fortuna Elementary School will be using a new name: **Linell K. Walker Elementary School**. The name change pays tribute to the schools' former secretary of more than 20 years. Mrs. Walker started working at South Fortuna Elementary School in 1993. She clearly loved her career and being of service by helping students and families in any way she could. For twenty-five years, students, families and staff were treated to her smile and endless dedication to her job. Mrs. Walker was always willing to help and regularly planned school events. She even participated in the jump-rope-a-thon in her high heels! During her tenure, Mrs. Walker had the distinct honor of



Above: Linell K. Walker 1956-2019

being nominated and winning the title of Humboldt County's Classified Employee of the Year. Renaming the school in her memory was approved by the school's Site Council followed by the school board late last year to commemorate Mrs. Walker's legacy of service and dedication to the school and community. In late August, faculty members, local law enforcement, and community members came together for an official ceremony and to witness the official renaming of the school. The Walker Elementary sign has been installed at the schools' entrance, right next to the new arrival and dismissal area recently completed thanks to the City of Fortuna's Active Transportation Program grant.



Above: Walker Elementary Principal Mrs. Clendenen stands under the new school sign.

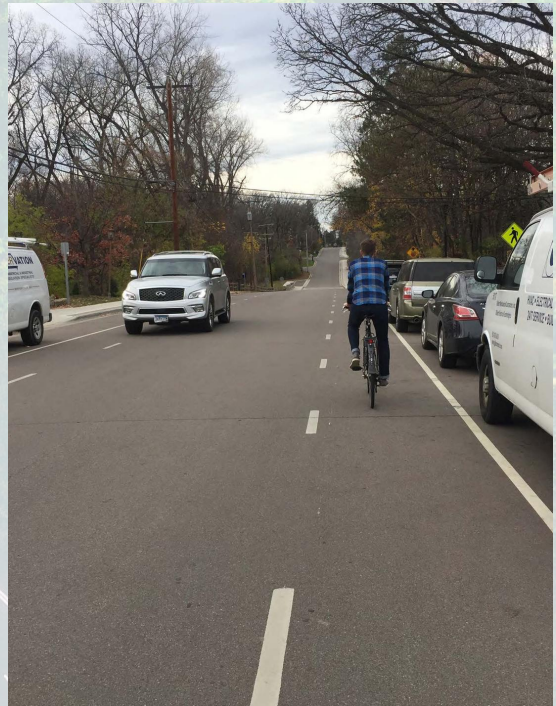
Edge Lane in McKinleyville Could Provide Safer Walking/Biking Opportunities

McKinleyville residents on Ocean Drive, a scenic road west of Highway 101 that connects Hiller Road to School Road, will likely be seeing improvements to the walking and bicycling environment in the near future. The road is currently in bad shape so the Humboldt County Public Works Department plans to make drainage improvements and repave at the same time. Residents have also informed the County that they would like better walking and bicycling facilities on Ocean Drive which is why the County will be hosting a virtual walkability assessment and then perhaps installing an edge lane road or other type of improvement.

An edge lane, or advisory bicycle lane as they are sometimes called, is a roadway striping

configuration which provides for two-way motor vehicle and non-motorized traffic by using a center lane and “advisory” or edge lanes on either side. The center lane is for motorists traveling in both directions that share the lane. Vulnerable road users, such as cyclists or pedestrians have right-of-way in the edge lanes but motorists can also use the edge lanes, after yielding to pedestrians and cyclists, to pass other vehicles. The County is unaware of edge lanes being used anywhere else in California but they are widely used in Canada and some European countries. The benefit of edge lanes is that they help lower vehicle speeds while providing space for pedestrians and cyclists to travel. An edge lane is typically installed using only paint for striping and can therefore be an inexpensive safety

solution. Ultimately, residents will get to decide if this will be a good fit for their neighborhood. A walkability assessment, likely to take place this fall in a virtual format, will provide residents an opportunity to understand the opportunities and challenges and provide their input on the project.



Above: A cyclist and vehicle pass each other on a road with an advisory bike lane in Edina, MN.



Above: A map showing Ocean Drive in McKinleyville

Distance Learning for Physical Education

Due to COVID-19, many local schools are providing distance or remote learning for students. With so many students sitting in front of a computer to do their lessons, the need for physical activity is even more important than ever. Physical education is a part of every child's education and during this time of learning from home, helping them reach the national recommendation of 60 minutes or more of daily physical activity will help them maintain good physical and mental health. Providing equitable access to opportunities during distance learning can be challenging however due to limited availability of the internet and mobile devices.

SHAPE America (Society of Health and Physical Educators) has put together some general considerations and strategies for distance learning for physical education and health education to help students reach the National Health Education Standards and all National Standards for K-12 Physical Education. The following specific considerations below are important to think about when operating under a distance learning model for physical education and health education:

Develop connections

Connecting with students during distance learning may be challenging. To help students feel like they are part of a school community develop strategies and create opportunities to connect with students and to help them get to know each other.



Assess your curriculum

Do an inventory of your current curriculum and determine which lessons or activities can be repurposed as at-home work or for online use (depending on students' access to technology). There may be lessons or activities within your current curriculum that can easily be adapted for students to complete at home or online. Consider if your students can participate safely in the selected activities. (Will students have enough space? Will an adult need to help or supervise the activity?)

Communicate expectations

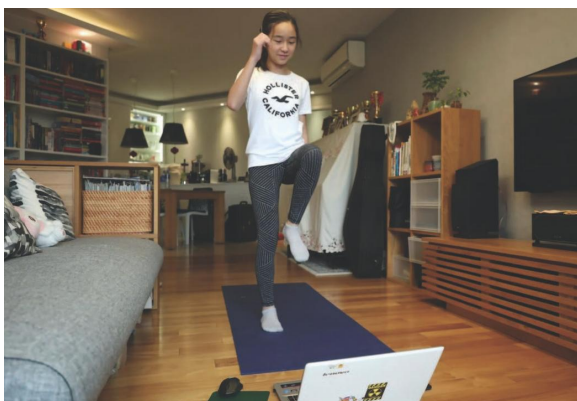
Be sure to consider the home dynamics of your students to help set them up for success. Make sure expectations are realistic for students, especially for younger students if they require assistance from an adult to complete assignments. Explain class expectations not only to your students but also to their parents/guardians to help them understand the importance of what their child/ren will be learning. Let them know where to find materials, how they will submit their work, and what to do if there is a problem (e.g., internet goes down, they can't find an assignment). Keep in touch with students and parents regularly and make an effort to reach out to those who aren't engaging. Be patient, flexible and willing to make modifications or change the direction of a lesson/activity to make it work.

Create consistency

Try to translate your regular daily classroom routines and procedures into an online environment. This will help students feel a sense of familiarity and reinforce a sense of community for the class. Consider using videos or pictures of yourself teaching so students can hear your voice and see your face.

Make content accessible for all learners

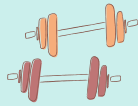
Think about your students and what individual needs they may have. Making modifications to address a specific need for one student can often enhance learning for all students. Providing students with choices is important and can better help meet them at their skill level. Be patient with yourself and remember that everyone is in this together. It may take time to figure out what works and what doesn't.



Above: A student does online yoga.



Above: Pushups are a great body weight exercise requiring no equipment or computer.



Try These P.E. Activities!



Online Workout Links

Glenn Higgins Fitness has a YouTube page called [Get Kids Moving](#). It is full of workouts designed for kids using familiar characters such as The Black Panther, Wonder Woman, Spider Man, and Harry Potter. [FitnessBlender](#) is another great YouTube channel with full body workouts great for older kids. [P.E. With Joe](#) provides a full week of Physical Education lessons on YouTube.

Yoga Workout Links

The goal of the [Cosmic Kids YouTube page](#) is to make yoga, relaxation and mindfulness fun for kids. [FitnessBlender](#) also has yoga videos that are more advanced for older students.

Dance Workout Links

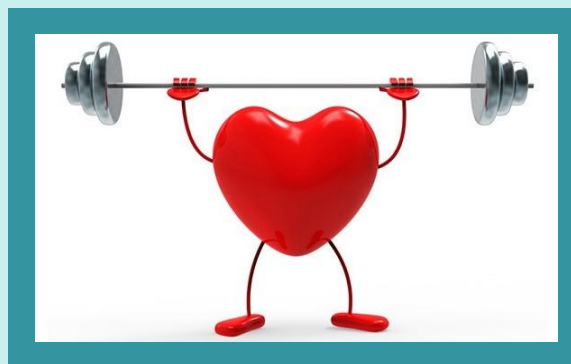
[Just Dance YouTube videos](#) (modified from a video game of the same name) play songs and show cartoon characters doing dance moves that the viewer mirrors facing the screen. [Go Noodle YouTube videos](#) depict real kids performing simple to more advanced dance moves using fun, popular themes and characters. The [Born To Move](#) site has a variety of free 20-40 minute activity videos for ages 3-16.

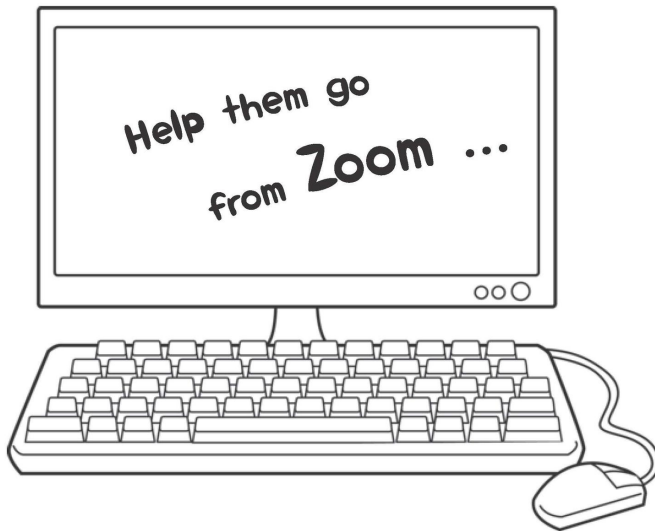
Tools for Creating an Active Home

[This website](#) has games, calendars and resources to provide meaningful movement opportunities for kids and families.

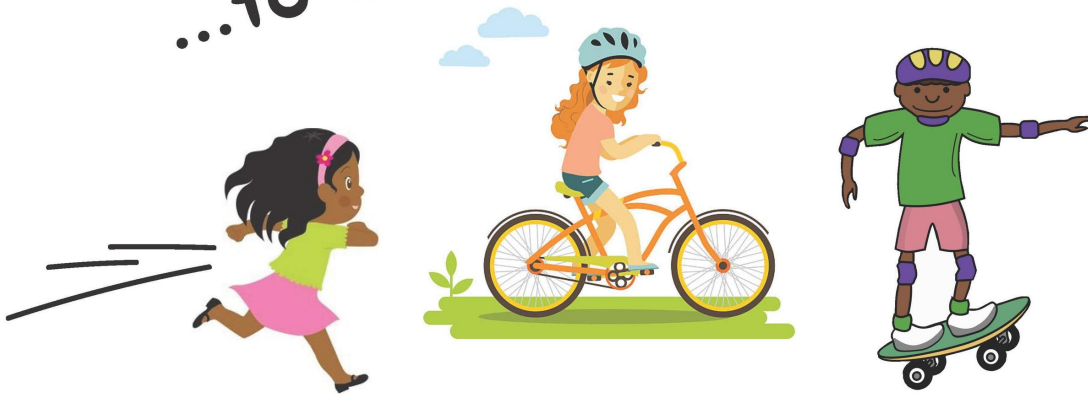
No Internet? No problem!

For students without internet access, you can print one-page workouts from <https://darebee.com/workouts.html> to send home with students.





...to ZOOOOOOOM!!



Kids need 60 minutes of daily physical activity!

- | | | | | |
|---------------|-------------|------------------|--------------------|--|
| | Situps | Dance | Pushups | |
| Jumping jacks | Take a walk | Climb the stairs | Ride a bike | |
| | Yoga | Jump rope | Balance on one leg | |



Click [here](#) for more physical education activities kids can do at home!





UPCOMING WEBINARS



Breathe with Me: Mindfulness for Emotion Regulation

Tuesday, September 8, 2020 at 9 a.m.

Mindfulness practices help us to slow down and reflect on how we feel, both physically and emotionally, and better understand the world around us. Whether practicing at home, through distance learning or in the classroom, this one is designed specifically for kids! Join in alongside your children/students or have them practice on their own and discover a few simple tools to help better manage emotions and build relationships with others. Register [Here](#)

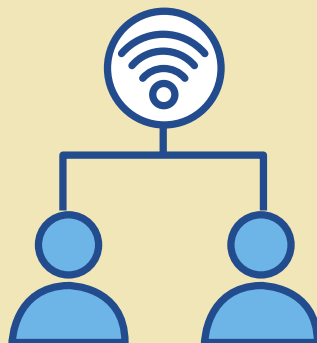
Staying Connected with Staff and Families Amid Uncertainty

Thursday, September 10, 2020 at 1 p.m. Register [Here](#)

Staying Connected with Your School and Community Amid Uncertainty

Thursday, September 17, 2020 at 1 p.m. Register [Here](#)

We know that kids do best when their families and schools are working together to support them in reaching their full potential. This is true now, as we plan for the next normal, more than ever. Staying connected amid uncertainty can be a challenge, but we're here to help! Educators and school staff – these are for you! In these learning sessions, Action for Healthy Kids will share simple strategies and tools to help you stay connected with your school health team and look at ways to build and maintain strong relationships with families in an uncharted landscape.



Move with Me: Mindfulness for Energy and Expression

Tuesday, September 22, 2020 at 9:30 a.m.

Mindfulness practices help us to slow down and reflect on how we feel, both physically and emotionally, and better understand the world around us. When paired with movement, we can use these exercises to express how we feel and refuel for the day ahead! Whether practicing at home through distance learning or in the classroom, this one is designed specifically for kids! Join in alongside your children/students or have them practice on their own and discover a few simple tools to help us mindful movement to reflect, re-energize, and reset. Register [Here](#)

Supporting the Whole Child: “SEL-ing” Physical Activity and Play

Tuesday, September 22, 2020 AT 1 p.m. Register [Here](#)

Supporting the Whole Child: “SEL-ing” Nutrition Education and Health Promotion

Tuesday, September 30, 2020 at 1 p.m. Register [Here](#)

With competing priorities in an unpredictable environment, it can be challenging to make the case for physical activity and play, nutrition education and health promotion while also focusing on social-emotional learning (SEL). In these learning sessions, Action for Healthy Kids will look at why "SEL-ing" physical activity and active play as a priority is important in the upcoming school year (and beyond) and discuss strategies for addressing in different learning environments and ways to use as a vehicle to promote social-emotional learning for double the impact. Register [Here](#)



RESOURCES

Cycle September

Bike riding is a great way to get exercise and fresh air while social distancing. Join friends and fellow cyclists throughout the county and country in September to wrap up the 2020 National Bike Challenge. [Register](#) and track your miles ridden in September to earn points and enter drawings for great prizes, More information [here](#).



2020 Safe Routes Back to School Toolkit

A helpful resource was recently developed as part of the Oregon Metro Regional Safe Routes to School program. [This guide](#) is designed to help kids and teens safely, affordably and efficiently access school and their community by walking, rolling, and transit.



Humboldt County Schools Reopening Status

Not sure which schools are opening in person or through distance learning? Check the Humboldt County Office of Education's list [here](#).



COVID-19 Test Registration Information

If you or someone you know is in need of a COVID-19 test, please click on the link below to schedule a test in Arcata, Eureka, McKinleyville, or Scotia.

<https://humboldt.gov/2787/COVID-Test-Registration>



To learn more about what **Natural Resources Services - RCAA** is up to, visit our website [here](#).



This newsletter has been developed for school teachers, administrators, transportation planners, public health, and pedestrian and bike safety advocates in order to keep you informed of the latest news involving our local Active Transportation and Safe Routes to School efforts and programs. For more information contact weiss@nrsrcaa.org or (707) 269-2062.

