

Putting It Into Action

Elitha Donner Elementary School
Elk Grove, California

Michelle Jenkins, Principal



Unified School District

Elitha Donner Elementary

880 Students

80 English Learners

16 Languages spoken

**61% Socio-economically
disadvantaged students**



Demographics

18% African American

12% Asian

5% Filipino

33% Latino

1% Pacific Islander

21% White

10% 2 or more races

2010 California Distinguished School

National Elementary Honor Society School

Operates on a 4-track, year-round calendar



Walk to School Day

An event that provides the opportunity to bring the community together to make healthy habits fun, accessible and achievable.



Prior to the Event

Convene a planning committee of engaged parents, staff, administrators and community members.



Prior to the Event

Safety Assembly

- Walking safety
- Bicycling laws and safety
- General safety information - appropriate clothing, walk with a friend, stay alert (no cell phones, no earphones)
- Send home “Walkability Check List”



Prior to the Event

Flyers

- Information sent to parents and distributed in the surrounding neighborhoods
- Encourage neighbors to participate
- Reminder to be vigilant of walkers and bicyclists – especially during school hours



Walk to School Day

- Staging areas are established for students who live outside of safe walking distances.
- Walking school buses at several locations.
- School parking lot closed for a law enforcement and safety vehicle display.
- All students receive a free healthy breakfast.



Walk to School Day

Middle School and High School students participate

- Cheerleaders
- Bands
- Leadership Students
- Athletes



Walk to School Day

Informational booths

- School Traffic Safety
- How to get children to school safely
- Neighborhood Watch
- Child Safety/ID
- EGUSD Farmers' Market
- Snack & Water Station



Walk to School Day

Health and Safety Fair

Students rotate through each station

- Adaptive Martial Arts
- California Fitness “Obstacle Course”
- EGUSD Police Services and safety
- EGUSD Food and Nutrition Services
- Fire Department
- A Punt, Pass and Kick class competition
- Parks and Recreation - Bike and Skate Boarding Demonstrations
- Sacramento County Sheriff’s Department K-9
- Track & Field Events
- Zumba



Keep Up the Momentum!

Safe Routes to School

- Comprehensive Safe School Plan (CSSP)
- Continue Assessment of Student safety routes
- Community Outreach
- Public Transit
- Coordinated support from EGUSD Police Services
- Signage and Visibility



Keep Up the Momentum!

- EGUSD SHAPE program
- Classroom Curriculum
 - Agriculture in the Classroom
 - SRTS classroom curriculum
 - WTSD class activities
 - Walk (Run) Across America
- Student Valets during arrival/dismissal



Keep Up the Momentum!

After School Academies

- Mara-fun=run
- Walking/Jogging
- Nutrition Education
- School Garden
- Basketball, Volleyball, Track & Field



Keep Up the Momentum!

Student Unity Rallies

- Focus on environmental awareness (air quality and carbon foot print)
- Health
- Wellness
- Unity

Back to School Nights and Parent/Student Newsletters

- Traffic Safety Reminders
- Community Awareness
- Fitness Event Information



Keep Up the Momentum!

Assemblies/Fieldtrips

- Dairy Council of California
- Karate
- Safety Skills
- Emergency preparedness (fire, law enforcement)
- Safetyville USA in Sacramento

The President's Challenge

CA Governor's Fitness Challenge (ended last year)



Elk Grove Unified School District

Keep Up the Momentum!

Parent Coordination

- Students walking together
- Knowing all of our kids
- It's our village - adult responsibilities



Keep Up the Momentum!

Community Partnerships

- Municipal
- Law Enforcement
- Parks and Recreation
- Local Businesses
- Dairy Council



Resources

- Elitha Donner Elementary School <http://blogs.egusd.net/donner/>
- EGUSD Board Resolution <http://tinyurl.com/bbnu2tl>
- California Active Communities www.caactivecommunities.org
- California School Boards Association – Sample Regulation
 - Safe Routes to School Program <http://goo.gl/5K3lm>
- California Walk to School Website www.cawalktoschool.com
- International Walk to School Website www.iwalktoschool.org
- Walk to School USA Website www.walktoschool-usa.org



Contacts

Priscilla Cox

Board Member

EGUSD Board of Education

pcox@egusd.net

Michelle Jenkins

Principal

Elitha Donner Elementary School

mjenkins@egusd.net



Unified School District



Safe Routes to School: *Getting Your Program Started...*

Presented by: Priscilla S. Cox, Board Member and
Michelle Jenkins, Principal, Elitha Donner Elementary School
Elk Grove Unified School District
May 16, 2013



The Elk Grove Unified School District

Schools = 65

39 elementary schools
9 middle schools
9 high schools
5 alternative schools
3 other

Student Demographics

18% African American
1% American Indian
23% Asian
6% Filipino
26% Latino
2% Pacific Islander
24% White

Student Population = 62,000

320 square miles in 4 jurisdictions

Additional Student Information:

- 51.6% Socio-economically disadvantaged students
- 15.6% English Learners
- More than 78 languages spoken



Unified School District

EGUSD's Approach

Creating a Systemic Culture

- Walk to School Day
- Coordinated School Health Program
- Policies, Resolutions and Recognitions
- School Siting
- Partnerships, Conferences and Training
- Grants



EGUSD's Approach

Walk to School Day has become a fun annual celebration of fitness that includes banners, assemblies, prizes and public accolades for every participant.



International Walk to School Day

- Foulks Ranch Elementary was the first Elk Grove Unified school to hold a Walk to School Day in October 2002.
- In 2005, 14 district elementary schools offered a Safe Routes for Kids training with the California Center for Physical Activity.
- By 2008, all 39 Elk Grove Unified elementary schools participated in Walk to School Day.
- Today, elementary, middle and high schools partner with parents to increase walking to school on a regular basis.



Coordinated School Health Program

Focus on improving staff and student wellness through policies, initiatives, partnerships and communication that foster healthy lifestyles.



EGUSD's Wellness Policy

- The Board of Education adopted and EGUSD began implementation on July 1, 2006.
- The policy sets goals for nutrition standards and education, physical activity, and other school-based activities that are designed to promote student wellness.
- The policy was developed with public input by the Coordinated School Health Program committee made up of teachers, parents, students, district staff, community members and health professionals.



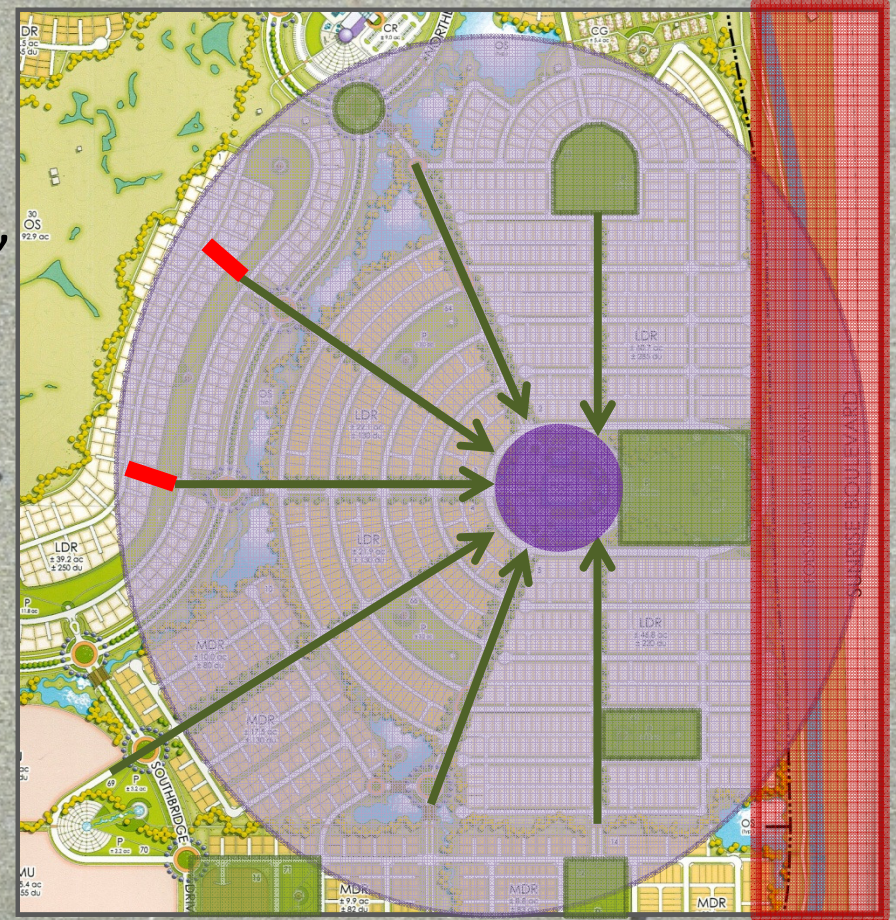
Safe Routes to School Policy

- The EGUSD Board of Education adopted a Safe Routes to School Program Board Policy in January 2010.
- The policy calls for the development and implementation of strategies to establish and promote safe routes to school program activities.
- The policy calls for the exploration and collaboration with other local agencies to seek grant funds and other funding sources to support projects and activities.



School Siting

- Near center of neighborhood & potential attendance area
- Impact of major streets, highways, railroads, canals, etc. as barriers
- Street and trail patterns provide direct routes to school
- Adjacent and nearby parks & commercial parking lots provide starting points for walking school buses & bike trains
- CA Education Code entails multiple school siting requirements



Resolutions

The EGUSD Board of Education passes an annual resolution in recognition of International Walk to School Day.



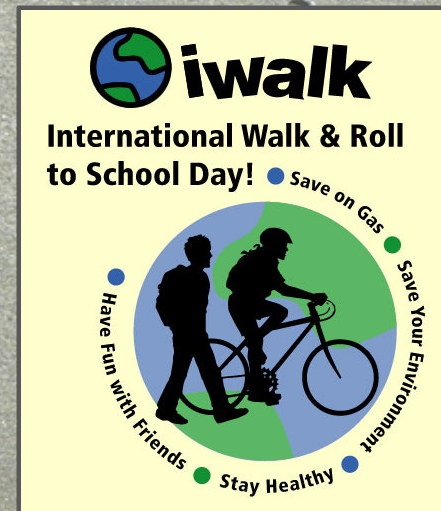
Government Partnerships

- Joint Resolutions
- Police and emergency responders
- Grants



Local Organization Partnerships

- Conferences
- Workshops
- Communications



Grant Projects

Sacramento County

2004-2005

Florin Elementary School

- Sidewalks, curb ramps, crosswalks, traffic control devices, speed control improvements, shoulder stripping

2006-2008

All K-8 schools in Sacramento County

- Walkability/bikeability audits, events and programs

2012

Anna Kirchgater Elementary School

- Sidewalk, curb, gutter and curb ramps



Grant Projects

City of Elk Grove

City of Elk Grove

Laguna Creek Parkway Trail

- Off-street trail

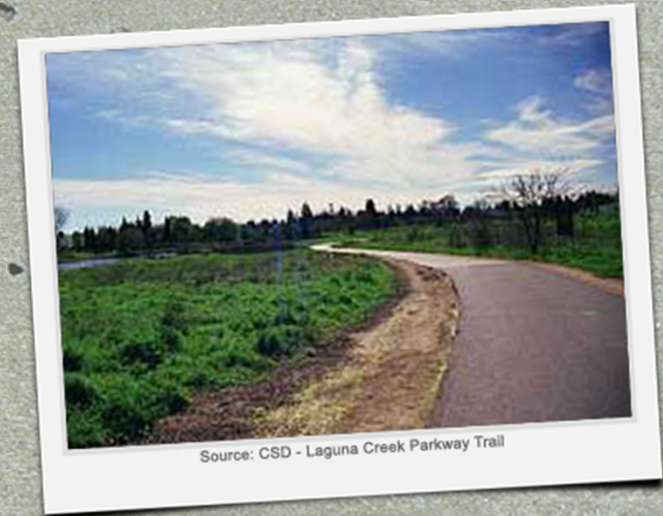
Elk Grove Creek Trail

- Off-street trail

Jack Hill Bridge

City of Rancho Cordova

Walking maps for parents



Grant Projects

Non-Infrastructure

2012

Elk Grove Unified School District – Project AWARE

- Advancing Walk And Roll Environments
- Funds a District-wide SRTS Coordinator
- City of Elk Grove serves as the required Responsible Agency
- Funds program for four years



ChangeLabSolutions

Safe Routes to School: The Key Role of Districts and Principals

Sara Zimmerman,
Senior Staff Attorney &
Program Director



ChangeLab Solutions

Who are we?

- National nonprofit that works with communities, policy makers & advocates
- Lawyers, planners, policy experts
- Create policy solutions/overcome legal barriers to support healthy communities

DISCLAIMER

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ChangeLab Solutions is a non-partisan, nonprofit organization that educates and informs the public through objective, non-partisan analysis, study, and/or research. The primary purpose of this discussion is to address legal and/or policy options to improve public health. There is no intent to reflect a view on specific legislation.

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Supporting Safe Routes to School: Programs and Policies

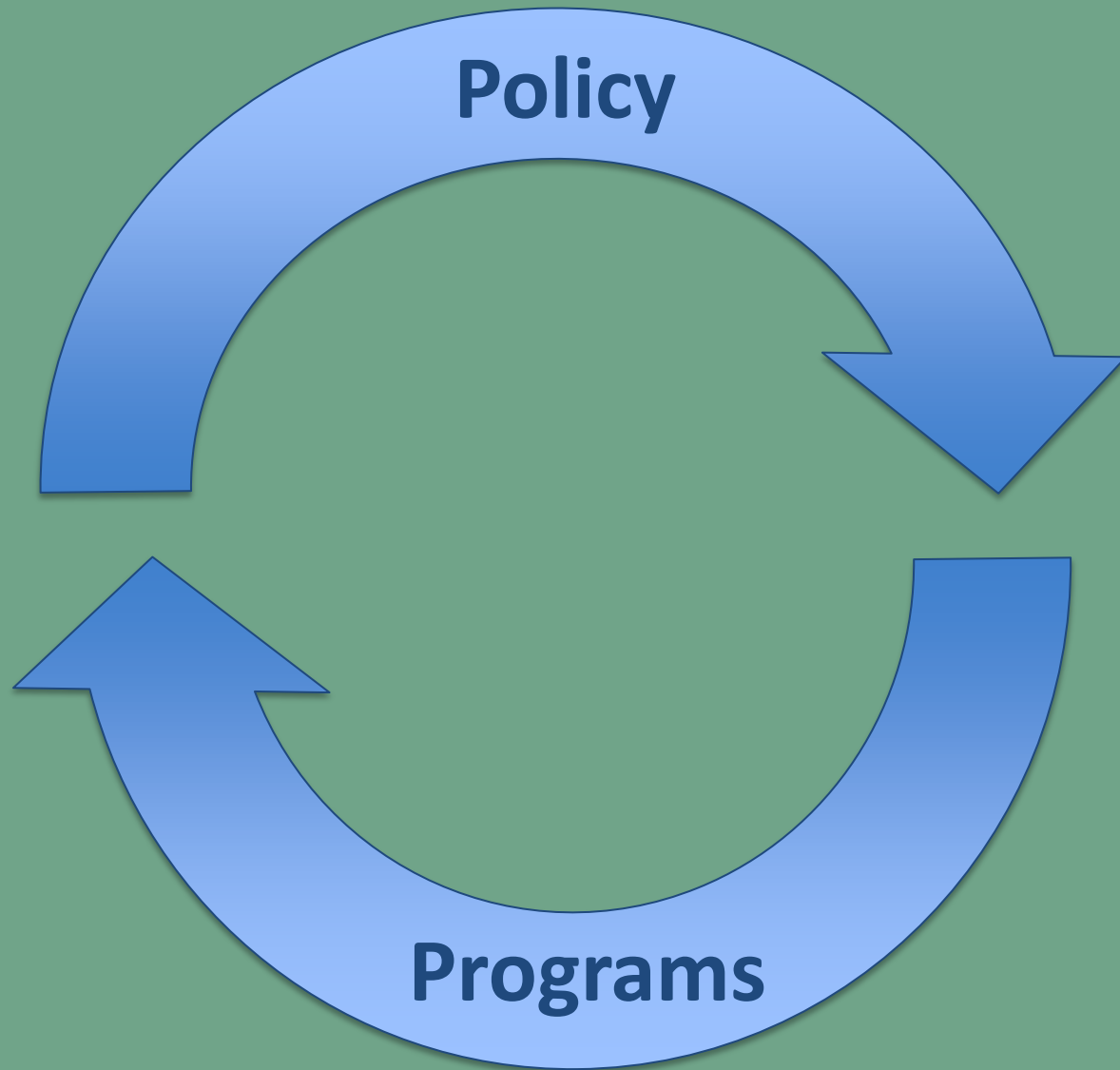


Achieving goals



Healthy, happy,
learning kids

Policy and Programs



Approaches



Supportive policies

A close-up photograph of the side of a yellow school bus. The word "SCHOOL" is written in large, bold, black letters on a yellow background. Several red emergency lights are visible along the top edge of the bus. In the background, a brick building with windows is visible.

District: Policy declaring district supports walking and biking

School:

Include support for walking and biking in student/parent handbooks, newsletters, announcements, etc.

Fairfax County



Include Support in District Wellness Policies

- **Required by federal law**
- **New regulations coming out in the next year**
- **Good opportunity to incorporate language about kids walking and biking**

District Task Forces & School Teams



School Team

- Includes: school & district administrators, town officials, parents, advocates, etc.
- Goal: efficiently coordinate efforts to increase levels and safety of walking and biking

Example: Roosevelt Middle School, Eugene, Oregon



- Started with school team
- Now district wide



Walking School Buses & Bike Trains



- Policy can support walking school buses
- Spelling out roles improves programs
- Minimizes liability issues

Arrival/Dismissal Policies & Student Travel Plans

Student travel plans can reduce dangers



Types of measures:

- Separating kids walking and biking from cars and buses
- Staggered pick up and drop off
- No idling policies



Cincinnati District Wide Travel Plan



Improving safety, reducing congestion, increasing physical activity

School Siting


An aerial photograph of a school building and its surrounding neighborhood. The school is a large, multi-story brick building with a flat roof and a prominent brick chimney. It is surrounded by a mix of residential houses, some with gabled roofs and others with more modern designs. There are many green trees scattered throughout the area, and a large green field is visible to the left of the school. The overall scene depicts a typical suburban school district.

Adopt Smart School Siting, Closure and Consolidation Policies

- School locations are important & long term
- Decisions are often ad hoc
- Good policies can provide a process and balance interests

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Smart School Siting


How School Locations Can Make Students Healthier and Communities Stronger


Locating schools within communities can make healthier students by making it easier for students to walk and bike to school, and to use school playgrounds and facilities outside of school hours.

Forty years ago, nearly half of all students walked or biked to school.¹ Now, only 13 percent do.² Why this change?

The biggest reason is because today's schools are located too far from children's homes for walking or biking to be practical.³ In recent decades, due to a variety of pressures, schools have increasingly been built on the outskirts of communities.⁴ As a result, two-thirds of schools are now located far from where children live.⁵ Meanwhile, obesity rates for children and adolescents have more than tripled,⁶ and nearly a third of children are overweight or obese.⁷

But locating schools *within* communities can mean healthier students by making it easier for students to walk and bike to school, and to use school playgrounds and facilities outside of school hours. Districts can promote healthy school siting by locating schools near where students live, whether by retaining centrally located schools or by building new schools within communities instead of on their outskirts.

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 nplan | NATIONAL POLICY & LEGAL ANALYSIS NETWORK
TO PREVENT CHILDHOOD OBESITY

School Siting factsheet & model policies

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Other key areas for policy





- Traffic safety education
- Bike rodeos and promotional events
- Data collection
- Joint use policies and agreements
- Crossing guard/student safety patrols

Coming (Relatively) Soon!

Safe Routes to School District Policy Workbook: Do It Yourself Policy Making



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Law & policy innovation for the common good.



Our Resources



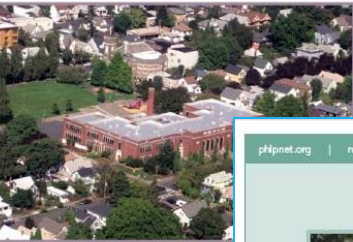
Opening School Grounds to the Community After Hours

A toolkit for increasing physical activity through joint use agreements



changelabsolutions.org

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Smart School Siting How School Locations Can Healthier and Communities

Forty years ago, nearly half of all students walked. Now, only 13 percent do.¹ Why this change?

The biggest reason is because today's schools are on the outskirts of communities.² As a result, two-thirds of children live more than a mile from school. Meanwhile, obese adolescents have more than tripled,³ and nearly 30 percent of children are overweight or obese.⁴




But locating schools *within* communities can make it easier for students to walk and bike to school, and to use school playgrounds and facilities outside of school hours.

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NATIONAL POLICY & LEGAL ALLIANCE
TO PREVENT CHILDHOOD OBESITY

phlpnet.org | nplan.org July 2010





Safe Routes to School: Minimizing Your Liability Risk

Safe Routes to School (SRTS) programs can help reduce schools' risk of liability while making it safer for students to walk or bike. This fact sheet explains why liability fears shouldn't keep schools from supporting SRTS programs, and offers practical tips for schools and community advocates.


Some schools have been reluctant to support Safe Routes to School (SRTS) programs due to concerns about being sued if an injury or problem arises. But such fears are largely unwarranted. By acting responsibly and understanding the liability issues in question, schools, nonprofits, and parent groups can help students reap the health and academic benefits of SRTS programs while minimizing the risk of a lawsuit. In fact, well-run SRTS programs can even reduce schools' risk of liability by identifying potential dangers and putting measures in place to protect children against injury.

Because nonprofits, parent groups, and schools may all be involved in SRTS programs, it can be important for each of these groups to understand SRTS and liability. This fact sheet explains why liability fears shouldn't stop school districts from supporting SRTS programs, provides an overview of liability and negligence, and offers practical tips on how school districts and others can reduce their risk of liability.


Because liability issues vary from state to state, consulting with a local lawyer may be helpful in understanding your specific issues, as well as in structuring SRTS programs to minimize liability concerns.



NATIONAL POLICY & LEGAL ALLIANCE
TO PREVENT CHILDHOOD OBESITY



public health law & policy



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Sara Zimmerman

Senior Staff Attorney & Program Director
szimmerman@changelabsolutions.org

changelabsolutions.org



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