

**TA**

**CORRESPONDENCE**

**as of 6-25-2021**

**From:** [San Mateo County Office of Education Safe Routes to School Board \(@smcta.com\)](#)  
**To:** [San Mateo County Office of Education Safe Routes to School Board \(@smcta.com\)](#)  
**Subject:** June & July- Safe Routes to School Newsletter  
**Date:** Tuesday, June 22, 2021 1:33:35 PM

**ATTENTION:** This email came from an external source. Do not open attachments or click on links from unknown senders.

[View this email in your browser](#)



## San Mateo County **SAFE ROUTES TO SCHOOL**

Healthy Kids • Green Communities • Safe Journeys

**June 2021**



Summer is here! We encourage you to enjoy the longer days outdoors by taking a walk or a bike ride at one of our many county and neighborhood parks. The San Mateo County Office of Education SRTS team would like to remind you to be conscious of the weather, stay hydrated, and be mindful of COVID-19 safety recommendations. [Please visit the San Mateo County Health homepage for regular updates.](#)

---

## Bike to Wherever Day

Friday, May 21 was Bike to Wherever Day! Our team was situated in downtown San Mateo providing bags, reflective gear, and helmets to cyclists. If you'd like to get involved in advocating for safer bicycling in your community, then consider joining one of Silicon Valley Bicycle Coalition's Local Teams.

[Click here](#) to find a team near you.



---

## Bike and Pedestrian Gratitude Journal for Ravenswood School District

The San Mateo County Office of Education SRTS team, in collaboration with Ravenswood City School District and Silicon Valley Bicycle Coalition, recently released bilingual bike and pedestrian gratitude journals for their students. The journal contains prompts that encourage students to spend time outdoors, explore their neighborhood, reflect on what they see and enjoy, and share what they are grateful for. Getting outside and practicing gratitude are proven to have physical and mental health benefits that have lasting effects on the brain and promote

immediate and long-term wellbeing.



**Ravenswood City: Bike & Ped Gratitude Journal**  
**Ciudad de Ravenswood: Diario de Gratitud de Ciclismo y Peatonal**

DATE/ TIME \_\_\_\_\_  
Fecha/Hora \_\_\_\_\_

Tick which activity you completed today?  
Marque qué actividad completó hoy?

I'M GRATEFUL FOR/Estoy agradecida(o) por \_\_\_\_\_

I WENT TO/Fui a \_\_\_\_\_

THE WEATHER WAS/El clima fue \_\_\_\_\_

MY COMPANIONS WERE/Fui con \_\_\_\_\_

I SAW & ENJOYED/vi y disfruté \_\_\_\_\_

## Redwood City Together and San Mateo County SRTS Welcome Redwood City Students Back to School

In May, several schools across Redwood City re-opened and welcomed students back. San Mateo County Office of Education SRTS partnered with [Redwood City Together](#) to distribute thousands of traffic safety items to students and posters (pictured below) to schools.



---

## Senior Travel Safety Presentation in Collaboration with Commute.org

Last month, Commute.org and San Mateo County Office of Education SRTS virtually co-presented an informational safety session aimed towards senior citizens titled, *"Pedestrians, Vehicles, and Bicycles, OH MY! Tips and Tricks for Safe Travel"* at the Red Morton Senior Center in Redwood City. Participants learned more about different methods available to them for local travel and received free reflective safety items.

If you work with or know a senior population that could benefit from a similar presentation, please contact Isabella Farinelli at [ifarinelli@smcoe.org](mailto:ifarinelli@smcoe.org).

Thank you  
for joining us!

Special thanks to our presenters:

Ruth West - Adaptive PE  
Anna Ng - Leah's Pantry  
Marcela Valdez - FCA  
Jasmine Ng - FCA  
Katherine Wright - SMCP Ranger  
Vanessa Castro - SMCOE  
Isabella Farinelli - SMCOE  
Nora Hanak - Commute.org

SAVE THE DATE FOR OUR NEXT  
COMMUNITY DAY:  
JUNE 23, 2021

TRAVONDE 

[www.travonde.com](http://www.travonde.com)

---

## Return to In-Person Learning and SRTS

As many San Mateo County schools have returned to in-person instruction, the San Mateo County Office of Education SRTS helped welcome students back! Events included: a bike rodeo at Sunshine Gardens Elementary School in South San Francisco (pictured top left), an Earth Day event at Belle Air Elementary School in San Bruno (pictured top right), a fun day of activities with the Los Robles and East Palo Alto Clubhouse Boys & Girls Club at Los Robles Ronald McNair Academy (pictured bottom left), and Bike to School Day in Pescadero (pictured bottom right). We can't wait to see what the summer holds!



## Upcoming Summer Fun

### Take a Summer Ride at at a San Mateo County Park

The San Mateo County Parks Department has installed repair stations at many high-traffic locations in county parks. Most include a bicycle rack, wrenches, screwdrivers, and a tire pump. Locations include Mirada Surf West, Quarry Park, Coyote Point, and the Coastal Trail in Fitzgerald Marine Reserve. Strap on your helmet...it's time to go

on a summer ride!



---

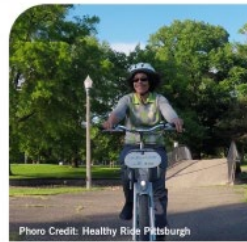
## Connecting People to Parks Toolkit

Are you ready to transform your local park? The Safe Routes Partnership and Oregon Health Authority have released [Connecting People to Parks: A Toolkit to Increase Safe and Equitable Access to Local Parks and Green Spaces](#). You can use this toolkit to learn how to thoughtfully engage your community, assess barriers to safe and equitable park access, identify goals and take meaningful action steps, and consider how to sustain your ongoing Safe Routes to Parks efforts.





**CONNECTING PEOPLE TO PARKS:**  
A Toolkit to Increase Safe and Equitable  
Access to Local Parks and Green Spaces



HEADSPACE®

**Free Headspace Account  
Take a Mindful Walk**

Headspace and San Mateo County Behavioral Health and Recovery Services partnered to provide free mental health resources for those who live, work, or go to school in San Mateo County. Sign up to access meditations, sleep sounds, and movement exercises designed to help you care for your mind — all free through August 2021 for new Headspace members. Click [here to sign up for an account](#).

If you or someone you know is having difficulty coping with stress, San Mateo County Behavioral Health and Recovery Services can provide additional support at

any time.

**Dial 711 or (800) 686-0101 / TDD: (800) 943-2833 or  
visit <https://www.smchealth.org/bhrsservices>**



---

*Copyright © 2021 Safe Routes to School, All rights reserved.*

You are receiving this email because you are a Safe Routes to School grantee or Safe Routes to School partner.

**Our mailing address is:**

Safe Routes to School  
101 Twin Dolphin Dr  
Redwood City, CA 94065-1064

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

