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**CORRESPONDENCE**

**as of 12-02-2020**

**From:** Safe Routes to School San Mateo County Office of Education  
**To:** [Board \(@smcta.com\)](mailto:Board (@smcta.com))  
**Subject:** Safe Routes to School December 2020 Newsletter  
**Date:** Tuesday, December 01, 2020 12:23:52 PM

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

Healthy Kids • Green Communities • Safe Journeys

**December 2020 - January 2021**



Let the winter fun begin! Although many of our celebrations may be different from how we usually remember them, the simple joys of biking in the crisp air while zipping through crunchy leaves, enjoying a walk after the rain, or spending time in the warm indoors with immediate family are still traditions we can continue.

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## **Winter Safety Tips**

Winter is quickly approaching! We want to ensure that young people know and follow safe practices while spending time in the chilly outdoors. Feel free to

[download the PDF](#) to make available for your students and other staff.

**Winter Safety Tips**

**Pedestrian and Bike Safety**

- Look and listen for traffic in all directions. Keep looking while crossing the street.
- Be cautious when crossing driveways and alley entrances
- Always cross at crosswalks, not between parked cars
- Make sure you are seen by:
  - Making eye contact with drivers when crossing streets
  - Wearing bright/reflective clothes
  - Carrying a flashlight when walking in the dark

**Travel Comfortably**

**1st Layer:** A Light shirt, preferably made of synthetic material

**2nd layer:** Insulation - a fleece, flannel, sweatshirt, or jacket to keep body heat in.

**3rd Layer:** Wind and rain protection with a light waterproof or water resistant jacket.

**4th Layer:** Hats and gloves will protect your ears and hands from crisp winter mornings.

**Consejos de Seguridad Para el Invierno**

**Seguridad Para Peatones y Bicicletas**

- Mire y escuche el tráfico en todas direcciones. Cuando cruza la calle, continúe a mirar para los coches.
- Ten cuidado cuando cruza las entradas y los callejones
- Siempre cruce en los pasos de peatones y no camine entre los carros estacionados para cruzar la calle
- Asegúrese de que le vean:
  - Haga el contacto visual con los conductores cuando cruza la calle.
  - Lleve la ropa con los colores brillante / reflectante
  - Lleve una linterna cuando camina en la noche

**Viaja Cómodamente**

**1ª capa:** Una camisa ligera, preferiblemente una que se hace del material sintético.

**2ª capa:** La insulación – una chaqueta polar, un abrigo de franela o un suéter para conservar el calor corporal.

**3ª capa:** Protéjase del viento y la lluvia con una chaqueta impermeable. Escoja un color brillante para aumentar la visibilidad.

**4ª capa:** Protéjase las orejas y las manos de las mañanas frías y despejadas con los gorros y los guantes.

## Ruby Bridges Walk to School Day Was a Success!

This year we celebrated Ruby Bridges Walk to School Day on November 18. Over 50 schools in 7 states participated! We can thank our very own Martin Elementary School in South San Francisco Unified School District for starting Ruby Bridges Walk to School Day in 2018. Although many schools are not holding in-person instruction due to the COVID-19 pandemic, teachers continued to share Ruby's important role in the Civil Rights movement. Students honored Ruby by taking walks and reflecting on her courage. This year's event was even more special because it was the 60th anniversary of Ruby Bridges desegregating William Frantz Elementary School in New Orleans. We are so proud of each and every student and educator for continuing the walk for justice and equity in education.

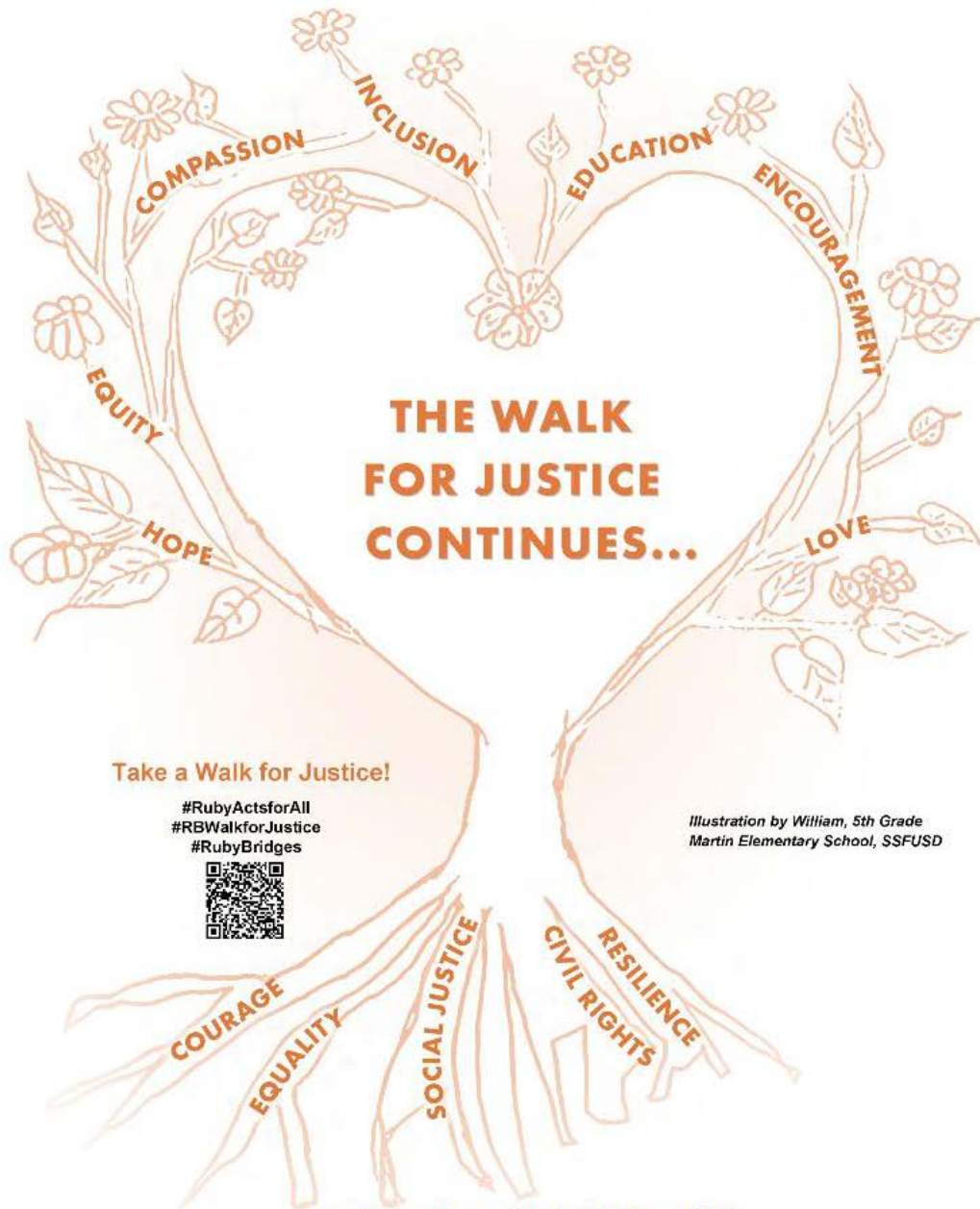
If your school or organization participated in Ruby Bridges Walk to School Day, please let us know how it went by filling out this [short evaluation](#).

Check out Ruby Bridges Walk to School Day resources and the list of schools that participated this year

by visiting <https://tinyurl.com/RubyBridgesWalk>

# RUBY BRIDGES WALK TO SCHOOL DAY

NOVEMBER 18, 2020



Take a Walk for Justice!

#RubyActsforAll  
#RBWalkforJustice  
#RubyBridges



Illustration by William, 5th Grade  
Martin Elementary School, SSFUSD

[www.tinyurl.com/RubyBridgesWalk](https://www.tinyurl.com/RubyBridgesWalk)



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## Safe Routes to Parks Activating Communities Program

The Safe Routes to Parks Grant Application is now open through December 18th. Apply today for a chance to fund your community's Safe Routes to Parks project.

The Activating Communities Program provides a \$12,500 award for seven nonprofit organizations to develop and initiate action plans to increase safe and equitable access to parks and green space in their communities. The funds are used for 2021.

[Click here to learn more about the program and apply!](#)



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## Virtual Safe Routes to School Story Time

We have had so much fun reading stories, sharing pedestrian and bicycle safety tips, and doing exciting activities every Wednesday! There are only two more Story Times left this year. They will take place on December 2 and December 9. Be sure not to miss them by registering [here](#) and tuning in at 1 PM. Feel free to share the news with other students, even if they are not in San Mateo County.

If you are a teacher and are interested in bringing Story Time with Safe Routes


to School to your virtual classroom, please email Isabella Farinelli at [ifarinelli@smcoe.org](mailto:ifarinelli@smcoe.org) for more information and to schedule a date and time.

**STORY TIME**  
with Safe Routes to School



Come take a lunch break with **San Mateo County Office of Education's Safe Routes Program** every Wednesday at 1PM. A chapter from a different book will be read each week. Join our reading adventure and gain a better understanding of pedestrian, bicycle, and traffic safety. **Most appropriate for Kindergarten to 8th graders.**

**Readings every Wednesday at 1:00 PM starting on October 7, 2020**  
Register Here:  
<https://tinyurl.com/StoryTimeSafeRoutes>



**HORA DE CUENTOS**  
con Rutas Seguras a la Escuela



¡Tome un descanso con el programa de **Rutas Seguras a la Escuela del Condado de San Mateo** todos los miércoles a la 1:00 pm empezando el 7 de octubre! Cada semana estaremos leyendo diferentes capítulos de diferentes libros. Únase a nuestra aventura de lectura para entender a profundidad la seguridad de peatones, ciclistas y la seguridad de tráfico. **Es más apropiado para estudiantes de Kinder a Octavo grado.**

**Lecturas cada miércoles a la 1:00 pm**  
(será leído en inglés)  
Regístrese aquí:  
<https://tinyurl.com/StoryTimeSafeRoutes>



## Safe Routes to School at Home Fun for the Whole Family

For many, this year has felt more stressful than usual. We all deserve to take a break, which is why we have compiled a list of free and family-friendly local activities that are either virtual or socially distant. From hiking up a mountain to virtually attending a museum, you can do it all! Please take a look at the links

below.

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**Free First Fridays  
at the San Mateo County History Museum  
December 4, 2020**

The San Mateo County History Museum will be free to the public on the first Friday of the month and all activities will be virtual. There will also be online tours of the museum throughout the day. Be sure not to miss their next event on December 4th.

[Click here to learn more.](#)





## Take a Hike Challenge #2020TakeAHikeChallenge

In place of the annual Take a Hike Season, Kaiser Permanente and the San Mateo County Parks Foundation created the Take a Hike Challenge! If you hike 4 of the 7 trails included in the challenge, you will receive sunglasses and a mug. If you complete the challenge, you will earn sunglasses, a mug, AND a picnic blanket! All you need to do is go on the specified hikes, take a selfie or group photo at the designated spot, and share the photo on social media with the hashtag #TakeAHikeChallenge and a hashtag of the particular park or hike (for example, #SanBrunoMountain). The deadline to complete the Take A Hike Challenge and claim your prizes is March 31, 2021. Are you ready to tackle this challenge?



[Click here for more information on the challenge and how to submit for a prize.](#)

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## Solar System to Scale Hike at San Bruno Mountain Park

Have you ever wondered how far apart the planets are? Here is your chance to find out, all while getting some exercise and completing 1 of the 7 hikes in the #2020TakeAHikeChallenge! In honor of National Astronomy Week, the San Mateo County Parks Foundation created the Solar System to Scale hike exhibit. You can walk from the sun to the eight planets in its orbit. There will be educational panels about each planet along the way, but the exhibit will only be up for a few more months, so hurry! To [download the planet PDF before the hike, click here.](#)

[Click here to learn more about the hike!](#)





# HEADSPACE<sup>®</sup>

## 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>



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