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**CORRESPONDENCE**

**as of 5-7-2020**

**From:** Safe Routes to School San Mateo County Office of Education  
**To:** [Board \(@smcta.com\)](mailto:Board (@smcta.com))  
**Subject:** SRTS Apr/May: At Home Resources for Ped/Bike Safety  
**Date:** Monday, May 04, 2020 11:51:23 AM

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[View this email in your browser](#)



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

Healthy Kids • Green Communities • Safe Journeys

**Apr/May 2020**

We hope you are keeping safe, staying home, and if you do go out, wearing a mask and practicing social distancing. Don't forget to also wash your hands frequently. **This issue is filled with tons of resources you can share with your students and families to continue pedestrian and bicycle education!**

**You can find more resources on our  
SRTS at Home website -**

<https://sites.google.com/smcoe.org/srtshome>



Every day is Earth Day! This year we celebrated the 50th Anniversary of Earth Day, April 22nd, 2020. The theme was Climate Action, causing us to rethink our daily actions and contemplate how we might be contributing to Climate Change. How did YOU appreciate our home?

# Story Time with Safe Routes Look Both Ways: A Tale Told in Ten Blocks

Join us for a Zoom reading every Wednesday at 1PM of New York Times Bestseller and National Book Award Finalist, Jason Reynold's Look Both Ways: A Tale Told in Ten Blocks. This book tells a story about the growth of two middle school kids as they walk together to and from school. Most appropriate for 3rd to 8th graders.

Register Here: <http://tiny.cc/SRTSStoryTime>

[Click here for the shareable PDF](#)

## 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. Starting April 22nd join us for a reading of New York Times Bestseller and National Book Award Finalist, Jason Reynolds' *Look Both Ways: A Tale of Ten Blocks*. Each week we will be reading a different chapter and gaining a better understanding of street safety. Most appropriate for 3rd to 8th graders.

**Readings every Wednesday at 1PM**  
**April 22nd to June 3rd**

Register Here: <http://tiny.cc/SRTSStoryTime>



## ALMUERZO

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! Comenzando el miércoles 22 de abril, únase a nosotros para leer el New York Times Best Seller y el Finalista del National Book Award, Jason Reynolds' *Look Both Ways: A Tale of Ten Blocks*. Cada semana estaremos leyendo diferentes capítulos para entender a profundidad la seguridad de las calles así como la seguridad de los peatones y ciclistas.

**Lecturas cada miércoles a la 1:00 pm**  
**22 de Abril a 3 de Junio**  
**(será leído en inglés)**

Regístrese aquí: <http://tiny.cc/SRTSStoryTime>



## Teddy Bear Challenge

Join our effort to promote neighborhood walks and bicycle rides by placing a teddy bear or stuffed animal on your street facing window to bring children and families joy as they explore their neighborhoods! Teddy Bears are making an appearance all around the Bay Area for children to take part in a social distancing scavenger hunt. Be sure to post pictures of your bear hunt with #goingonabearhunt

[Click here for the shareable PDF](#)

## TEDDY BEAR CHALLENGE



Join San Mateo County Office of Education's Safe Routes Program in promoting fun family cycling, walking, and rolling. Place a Teddy bear or stuffed animal in a street facing window to be part of a social distancing scavenger hunt! **Stay aware** on your safe rides, walks, and rolls through your neighborhood while keeping an eye out for bears. Post photos of your safe and successful hunt with **#goingonbearhunt**.


  
 Can you find the 5 teddy bears hiding in this neighborhood?







## Reto de Osos de Peluche



¡Únase al programa de Rutas Seguras a la Escuela de la Oficina de Educación del Condado de San Mateo para promover **andar en bicicleta y caminar en familia!** Coloque un oso de peluche o un animal de peluche en una ventana que da a la calle para participar en una búsqueda de tesoro de distanciamiento social. **Permanezca consciente** durante sus paseos en bicicleta y caminatas por su vecindario mientras busque a los osos de peluche. Envíe sus fotos de su cacería de osos de peluche con el hashtag **#goingonbearhunt**.


  
 ¿Puede encontrar los 5 osos de peluche escondidos en este vecindario?







## Safe Routes to School at Home

We have been hard at work in creating activities for families to do at home! Here are some activities you can do at home and share with others!

Check out these worksheets to keep you active and remind students to continue practicing safe walking and rolling.

For those that finish the one month challenge, send in your completed sheet to be entered for a drawing in our prize giveaway. One entry per child. To be considered for the prize giveaway, worksheets must be turned in by June 30, 2020. Students will need to turn in their "One Month Challenge" worksheet with their mailing address to receive the prize. Take a chance to win one of the available prizes!

[Downloadable PDF for the Walk and Roll Bingo.](#)

[Downloadable PDF for the One Month Challenge.](#)

## ROLLING BINGO



Cross off as many boxes you can after your exercise trip. Compete with the other members in your household. Challenge your friends and call them to compare. Who is practicing street safety?

Rolled 1 Hour	Wore Bright, Reflective Clothes	Did NOT Wear Earphones	Checked Tires/Wheels Before Riding	Noticed 2 Electric Vehicles
Did NOT Run a Stop Sign	Looked All Around Before Crossing Street	Was Aware of Driveways and Vehicles Backing Up	Yielded for 5 Vehicles	Used Hand Signals 10 Times
Spotted 5 wildlife (birds, animals, insects)	Rode in a Bike Lane	Was Cellphone Distraction Free	Checked Helmet Fitting Before Riding	Rolled 30 Minutes
Stayed on Sidewalk	Checked Brakes Before Riding	Spotted 2 Teddy Bears	Wore a Helmet	Made Eye Contact with Driver Before Crossing
Stayed 6 feet apart from others	Yielded for 5 Pedestrians	Avoided Objects on Street	Waved to a Friend or a Neighbor from 6 Feet Away	Picked up 5 pieces of litter



San Mateo County  
SAFE ROUTES TO SCHOOL



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ School District: \_\_\_\_\_

Address: \_\_\_\_\_

## ONE MONTH CHALLENGE

Plan out your exercise for each day of the month. Write out your goals for how much you want to exercise each day or to learn something new. \*\*It is recommended to exercise for at least an hour each day\*\*

MONTH:						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SAFETY TIP OF THE WEEK: If you are age 17 and under, you are required by law to wear a helmet when rolling.						
SAFETY TIP OF THE WEEK: Helmets are recommended to be replaced 5-10 years from manufacturer date.						
SAFETY TIP OF THE WEEK: Being aware on the streets is not just looking. It is important to listen to the sounds of the street. A vehicle that you can't see may be near.						
SAFETY TIP OF THE WEEK: Be sure to do the ABC check before riding your bike (Air pressure, Brakes, Chain)						
SAFETY TIP OF THE WEEK: Drivers are not always aware of pedestrians crossing. Make eye contact with them before crossing.						



San Mateo County  
SAFE ROUTES TO SCHOOL



If you thought the Teddy Bear Challenge was fun, you should try this! Here is a video of a P.E. teacher doing a chalk course.

Don't forget to wash hands after making the course!



Video by PEwhilehome

Stay tuned for the premiere of our How to Videos! They will cover topics around pedestrian and bicycle safety.

[Click here](#) for the preview of "How to Fit your Helmet"

While you're waiting check out these [videos](#) from **The League of American Bicyclists** to encourage people to get back on their bikes or learn how to ride for the first time.



## Social Distancing

Social Distancing is very important to be part of a solution to the spread of COVID-19. Check out these amazing handouts from Alta Planning that breaks down the importance of social distancing when we go outside!

[Downloadable English PDF](#)



## Bay Area Open Streets

Cities in the Bay Area are closing their streets to cars and creating bigger spaces for pedestrians and bicyclists. This creates a better ability to practice social distancing and a safe space for families to get some fresh air. Check out these articles of the cities in the Bay Area that are creating safer communities!

[San Mateo County](#)

[San Francisco](#)

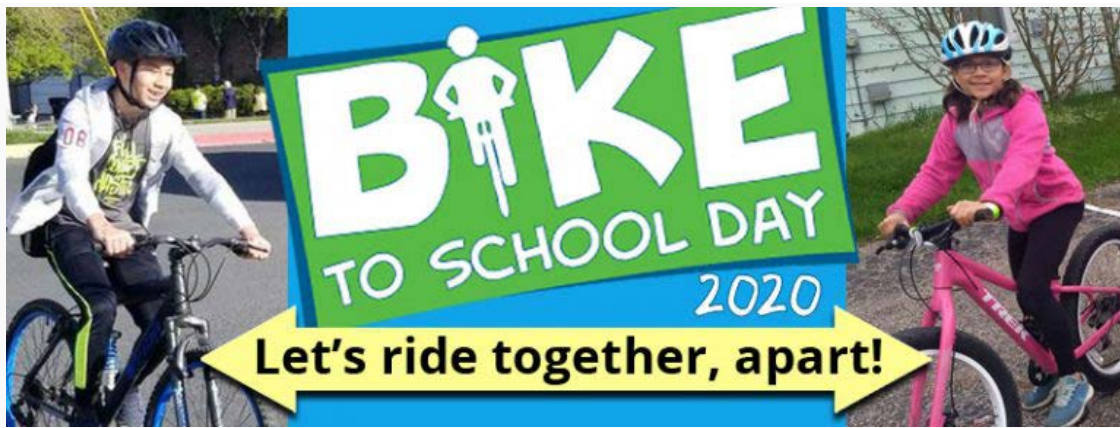
[Oakland](#)

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## Bike Month

May is National Bike Month! Although the "shelter in place" order has been keeping us at home, we can still participate in Bike Month and practice safe biking. If you are able to, dust off those bikes and go for a ride! Join a chat/webinar to learn safe biking practices!

Please note that Bike to Work Day has been moved from May 14th to September 24th, 2020.



The **National Center for Safe Routes to School** has put together a full week's worth of ideas and activities you can share with your community to encourage bicycling, safety, fun, and community connection.

[Click here](#) for more details!

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# SafeRoutes

Eugene-Springfield Safe Routes to School



## Free Ped/Bike Safety Curriculum

The Springfield/Eugene SRTS program has made their K-12th grade curriculum free to the public. This is a great resource for parents to teachers to teach kids at home the importance of bed/bike street safety, as we are all home looking for ways to keep active.

[Click here](#) to access the curriculum!

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The **Silicon Valley Bike Coalition (SVBC)** is having a photo contest each week. [Click here](#) to see the details of the contest and the theme for each week. Post your photos on Facebook, Twitter, or Instagram using the designated weekly hashtag and tag SVBC.

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Join the **San Francisco Bike Coalition** for their FREE webinar on [Urban Biking Basics with JUMP Bikes](#) on May 6, 2020 from 5-6PM. They will teach you how to use the JUMP Bike system, rules of the road, and route planning. Even if your city does not have JUMP Bikes, this is a great opportunity to learn more about eBikes.

[Click here to register!](#)

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## Milan Announces Ambitious Scheme to Reduce Car Use After Lockdown

Milan and the surrounding Lombardy region are one of Europe's most polluted. During the lockdown, traffic congestion and air pollution dropped 30-75%. City officials are determined to keep traffic down post-lockdown by expanding the spaces for walkers and cyclists.

[Click here](#) for the full article.

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