

## Walk & Roll to School



# WALK & ROLL WEDNESDAYS ARE BACK!

Newburyport students and families - join us as we walk & roll to school. Let's get out of our cars and school buses and meet up as neighbors and friends to walk, bike, or roll to school. Walking and rolling is a great way to start the day!



## HELP LEAD THE WAY!

- Good exercise!
- Boosts brain health & self-esteem!
- Earth friendly!
- Fun & develops social skills!
- Connects us as a community!
- Promotes independence & empowerment!

JOIN THE

# *Fun*

## *THIS FALL!*

# WALKING WEDNESDAYS!

Call your friends, round up your neighbors!

Suggested Meet Up Locations & Departure Times\*:

- Anna Jaques: 7:15 (Molin, Nock), 7:45 (IC), 7:50 (Bres, RVCS)
- NYS Rec Center: 7:10 (Molin, Nock), 7:40 (Bres, RVCS), 7:45 (IC)
- Bartlett Mall: 7:25 (Molin, Nock), 7:50 (Bres, IC, RVCS)
- Cushing Park: 7:20 (Molin, Nock), 7:45 (Bres), 8:05 (RVCS), 7:50 (IC)
- Coltin Drive: 7:10 (Molin, Nock), 7:45 (IC), 7:50 (Bres), 7:55 (RVCS)
- Atkinson Common: 7:55 (Bres)

\* These are suggested meet up times. Please feel free to organize your own groups, times, routes, and locations. Residents who live outside the boundaries of this map, we encourage you to join one of these meet up locations or organize your own local groups.





# Do Your Part to Make Crossing the Street Safer!

Your driving impacts how safely your children and their friends can get to and from school. Whether school children walk, bike, or get dropped off, you play a key role in their safety. Please keep these in mind as you're out in your community:

- 1. Follow the directions given by crossing guards.** Crossing guards will use hand signals and their STOP paddles to indicate when drivers need to stop to allow students to cross the street.
- 2. Be aware of children's small size.** Children can be blocked from view by buses, cars, and even snowbanks.
- 3. Obey speed limits.** The school zone speed limit in Massachusetts is 20 MPH.
- 4. Reduce speed when approaching a crosswalk.** Scan the intersection to make sure there are no children approaching the crosswalk or roadway.
- 5. Yield at crosswalks.** Massachusetts law states that drivers must yield at a crosswalk if a pedestrian is walking in that half of the road or is within 10 feet of crossing that half of the road.
- 6. Do not pass other vehicles stopped at a crosswalk.**



# Teach your child how to cross the street safely.

Make sure your child knows these street-crossing tips and be a good role model when you cross the street with them.

1. **Use designated crosswalks and follow walk signals** to safely cross the street.
2. **Look all around you** before crossing the street, even if you are at a crosswalk or a walk signal.
3. **Watch for signs that a car is about to move**, such as rear lights, the sounds of the motor and wheels turning.
4. **Try to establish eye contact with a driver** who is approaching a crosswalk or entering/exiting a driveway.
5. **Allow the driver to come to a complete stop** before you begin to cross the street.
6. **Walk – don't run** – across the street and be aware of your surroundings.

# PREPARING MY CHILD TO WALK TO SCHOOL OR TO THE BUS

It's never too soon to start walking or biking with your little one to prepare for the day when he or she is ready to make the trek alone.

## ARE THEY READY?

As your child grows, you may have a sense of whether he or she is ready to graduate to “big kid” things where both age and maturity play a role. Since there is no legal minimum age to walk or bike independently, the decision is up to you to decide whether or not your youngster is ready. To decide, ask yourself if your child:

- Is attentive
- Follows rules
- Makes good decisions
- Is comfortable alone

You be the judge: try walking with them before letting them go off on their own.

## CAN MY LITTLE ONE WALK WITH MY OLDER CHILD TO SCHOOL?

If your older child is good at following instructions, looking both ways, and understanding signs, he/she might make a great travel buddy to a younger sibling. Consider joining a walking school bus or creating your own. Your kids will feel independent – and you'll feel better – with them walking to school in the safety of a group.

## MY CHILD KNOWS SIGNS, SIGNALS AND PAVEMENT MARKINGS

Children who walk or bike to school on their own need to understand and obey the signs and pavement markings that they see. Practice by walking and biking together. The recurring practice will help them – and you – to feel more comfortable with their journey without an adult. While children can get to the school or the bus stop on their own, you can help pick the best route by working with the school to get route maps with recommendations. If they are not available, consider these points:

- Choose streets with sidewalks, bike lanes, and low speed limits
- Note the school crossing guards' locations
- Choose crossing locations that have a clear view of traffic
- Dress for the weather and season
- Reflective gear is always recommended



RESEARCH SHOWS THAT EXERCISE INCREASES THE ACADEMIC AND SOCIAL SKILLS OF CHILDREN. WALKING TO THE BUS OR TO SCHOOL – WITH OR WITHOUT YOU – CAN HELP YOUR LITTLE ONE COUNTER CHILDHOOD OBESITY, BUILD SELF-ESTEEM, AND GAIN INDEPENDENCE.