



PTA Newsletter Article – December

Keep Walking — Even in Winter

Winter is hard on Utah air. Cold air inversions around the state trap smog in our valleys. During winter months, it's more important than ever to help keep the air clean by lessening our driving, especially around our schools.

Encouraging your children to walk and bike to school is not only healthier for them and better for air quality, but it also lessens traffic around the school, leading to fewer pedestrian/vehicle incidents. You can help keep your children safe by making them aware of winter hazards and encouraging them to respect those conditions.

Some suggestions for students to stay safe when walking and biking to school this winter include the following:

- Slow down.
- Follow the safest routes on the school's SNAP Map (contact the principal to receive a copy of your school's SNAP Map).
- Wear bright or reflective clothing or tape so they can be seen in the dark.
- If they wear a dark coat, add a brightly colored scarf or hat or reflective gear.
- Dress in layers and wear boots with nonskid soles.
- Wear gloves so they won't need to put their hands in their pockets; they'll need their hands free to catch themselves if they slip and fall.
- Walk with a buddy or group.
- Walk on sidewalks if possible; if sidewalks are covered in snow and ice, walk in the street against the flow of traffic and as close to the curb as possible.
- Look left, then right, then left again when crossing a street.
- Cross only at crosswalks.
- Before stepping off the curb into the street where ice and snow are present, make sure any approaching vehicles have come to a complete stop.

More ideas from the UDOT Student Neighborhood Access Program (SNAP)[™] to encourage your child to walk and bike to school safely are available at www.udot.utah.gov/SNAP. Contact the principal to receive a copy of your school's SNAP Map.