



PTA Newsletter Article – May

Enjoy Spring by Walking and Biking to School

In addition to promoting safety, health and better air quality, walking to school is one of the best ways for children to be outside and enjoy the warmer spring weather. When more students walk or bike safely to school, not only is their health better, but the entire community benefits — there aren't as many cars around the school, which means cleaner air and fewer pedestrian/vehicle incidents.

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

- Follow the safest route to school using the school's SNAP Map (contact the principal to receive a copy of your school's SNAP Map).
- Always wear a helmet when riding a bike. Make sure the helmet has a safety certification and fits properly.
- Wear bright clothing, especially when riding a bicycle, to make it easier for traffic to see you — or tie a bright handkerchief around your backpack.
- Never walk or ride with headphones. They are distracting and keep you from hearing traffic.
- Avoid ditches and be careful around rivers and streams. During spring, run-off water can make shallow rivers and creeks faster and deeper.
- In rainfall, hold your umbrella above eye level and look up. Don't allow the umbrella to block your view of traffic and signs. Use a bright umbrella because drivers' views are likely to be distorted by the rain.

More ideas from the UDOT Student Neighborhood Access Program (SNAP)TM 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.