



Safe Routes To School

MJ Cloud

Years ago Safe Routes To School, Washoe County, was inspired by the National campaign “Let’s Move”. This year we celebrate the *6th annual*

Nevada Moves Day.



We started with only four WC Schools signed up.

In 2014 the
Washoe County
School District
had **27** schools
participating.

Events will include
jump rope, hula
hoop, egg toss,
dance, and sack
races.





This is a wonderful event and studies show that when children adopt these healthy habits early in their lives, they are more likely to make them lifelong practices.

This one-day event is a reminder for the community to reminisce on the simple joy of being healthy.





Wednesday
March 18, 2015

Get Moving, Nevada!
Children and adults across Nevada are
celebrating the benefits of walking &
bicycling to school! Join us!

The 6th annual Nevada Moves Day promotes
walking & bicycling to school statewide:

**Celebrate
walking
&
bicycling**

- ✔ Helps to teach safe walking and bicycling skills to children & adults
- ✔ Reduces traffic congestion and air pollution near schools
- ✔ Increases physical activity
- ✔ Increases concern for the environment
- ✔ Increases awareness of how walk/bike friendly a community is and where improvements can be made
- ✔ Increases sharing time with children, parents, and community leaders

**Be Safe
&
Be Seen**

Tim Rowe, State SRTS Coordinator
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Local coordinators that are funded through SRTS:

- Clark County School District, Sherie Moore, 702-799-6560
- Washoe County School District, MJ Cloud, 775-333-3782
- Western NV SRTS, Cortney Bloomer, 775-283-7525

National information:
National Center SRTS: 1-800-610-SRTS, www.saferoutesinfo.org



Tips for Walking Safely to School

Walking is fun, but you need to be safe while doing it. Follow these tips to make sure you get to and from school without any problems.

Walk together

Younger children should always walk with an adult. Tell your parents that walking is great exercise and a nice way to spend time together.

If your parents say that you can walk to school on your own, remember these tips:

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school; one that avoids dangers.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.
- When you are near the street, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parents.
- Talk to your parents and teacher about any bullying that may happen during your walk.

Be seen

Remember, drivers may not be able to see you well. Always wear bright-colored clothes and if it is dark or hard to see, carry flashlights or wear reflective gear.

Look for traffic

Watch out for cars and trucks at every driveway and intersection on your walk to school. Look for drivers in parked cars. They may be getting ready to move.

Cross the street safely

1. Stop at the curb or edge of the street.
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the street.

Obey traffic signs, signals and adult school crossing guards

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