

Safe Routes to School

Burlingame School District



Issue #2: Winter 2016

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Bike & Walk Dates



Golden Sneaker Walk Challenge:

Feb. 25 to March 11, 2016 (for participating schools)

Earth Day: April 22, 2016

National Bike to School Day: May 4, 2016

Bike Warrior Challenge Rodeo:

Spring date TBD



The BIS Bike Club has been actively repairing and cleaning up all the family bike donations (thank you to all donating families). We now have an inventory of bikes ready to be adopted through our [Adopt-A-Bike program](#)¹. While supplies last, anyone needing a bike, please let us know. Each bike comes with a free helmet and fitting.

1 - <https://bsd-ca.schoolloop.com/bikerecycle>

Walking Improves Academics

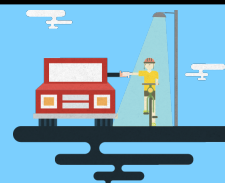


Physical activity, like walking to school, improves [academic performance](#)¹ and levels of concentration. A Danish [research study](#)² studying the effects of walking to school found walking was as important, if not more, than a good breakfast. Just think, you're doing them a favor asking them to walk to school.

1 - <http://goo.gl/nZ42H1>

2 - <http://goo.gl/wVknHO>

Motorist and Cyclists Coexisting



Motorists: cars and bicycles both use the same roads in getting students to and from school. Although you both have the same roadway access rights, you are not equal. As motorists, you have a disproportionate amount of power with your vehicle's ability to easily overwhelm cyclists and inflict much more harm in the event of an accident. The BSD Safe Routes to School program asks our motorists to encourage our cyclists and walkers by giving them a "brake".

[Here are ten thoughts](#)¹ to keep in mind next time you find yourself behind a biking student.



SHARE THE ROAD

Bicyclists: if you ride your bike to school or anywhere else, developing your riding skills and practicing the rules-of-the-road will keep you safe and sound on every ride. You have the same responsibilities as motorist in following

traffic rules and riding in a safe and predictable manner. Simple things, like riding with traffic and in a single file, using hand signals, watching out for car doors and turning cars, and of course wearing a helmet, will go far in keeping you safe on every ride. The fact that cars are bigger and more powerful means as cyclists we need to yield to them whenever in doubt, even though we may have the right-of-way. Here is a great bicycle safety website – [How Not to Get Hit By Cars](#)² – that offers advice on avoiding common bike-car accidents, and here are [ten tips for bicyclists](#)³ on sharing the road. **Ride safe to stay safe.**

1 - <http://goo.gl/1YjCI5>

2 - <http://bicyclesafe.com/>

3 - <http://goo.gl/GgHPGL>

Bike and Pedestrian Safety Videos



KBIS students are working on a series of biking and pedestrian safety videos, which will be airing soon. In the meantime, check out these great safety videos:

- [Bike Handling Skills](#)¹
- [Bike Traffic Skills](#)²
- [Bike Helmet Safety and Fitting](#)³

1 - <https://vimeo.com/91626130>

2 - <https://vimeo.com/91626132>

3 - <https://vimeo.com/91626131>



BIS Bike Club (and Electronics)

The BIS Bike Club, [the BBC](#), engages students with hands-on mechanic and electrical projects. Our current projects include recycling old bikes for families in need, building an electric delivery trike, applying our bike-powered generators, and cooking using our bike-powered blender.

Meeting times are 3:00 to 4:30, afterschool on Wednesdays, and we are considering adding a second day for our bike-powered cooking project. More to come...

Mentor volunteers needed in electronics and bike mechanics. We have plenty going on to keep you engaged.

Find out more about the BBC on our [webpage](#)¹.

1 <https://bsd-ca.schoolloop.com/bbc>

2015/16 Safe Routes Program, a look ahead...

Here are a few of the projects we are planning for this school year:

- Spring 2016 Bike Skills Training
- BIS Bike Club Projects
- Improving bike access at school sites
- Developing Bike-Blender cooking classes
- Promoting walk and bike to school events
- Expanding the student valet program

Find out more or get involved:

<http://www.bsd.k12.ca.us/SafeRoutes>

Healthy Bike-Powered Celebrations



Check-out the bike-blender for that next classroom celebration and have the kids pedal-up their own bike-powered treat. Ask your child's school for details, or visit the [bike-blender webpage](#)¹.

1 <http://bsd-ca.schoolloop.com/blender>

School Traffic Relief

TRAFFIC ALERT



We all feel the impact of school traffic, and we all have the ability to help reduce it. Here are some suggestions to help limit the congestion and safely get your child to/from school:

- If you live within walking distance of the school, have your child walk or bike to school. It improves academic performance and exercise is always good.
- If you have younger children, consider walking with them. The exercise will do the whole family good.
- Form or participate in a [Walking School Bus](#)¹. The BSD Safe Routes program is offering each school resources needed to start their own Walking School Bus Program.
- If your children are older and have bike skills, have them bike to school. Be sure to establish a safe route beforehand and to ride it with them a few times so they know the route and you are comfortable with their riding skills.
- Attend the annual Bike Warrior Challenge, a bike skills training course hosted by [WheelKids](#)², where students will learn the rules of the road and how to be better defensive bikers.
- Park and Walk - park a few blocks from the school and walk with your kids. It's a good way to stretch the legs and get ready for the day.
- Start a School Car Pool. Try going mobile with the [KangaDo](#)³ parent helper app that helps not only with managing school car pools, but also with finding babysitters, play dates, and more.
- If you have to drive, then be sure to go with the flow and obey all traffic rules. Our [Safe Routes webpage](#)⁴ has traffic flow maps for each school site,

1 <http://www.walkingschoolbus.org/>

2 <http://wheelkids.com/about-us/>

3 <http://www.kangadoapp.com/>

4 <http://www.bsd.k12.ca.us/SafeRoutes>

