

How Does SRTS Fit Into my School's Curriculum?

- ❁ **Math classes** can measure the impact of more students walking/bicycling and track the number of steps that students are walking, etc.
- ❁ **Physical education and health classes** can use SRTS programs to promote physical activity and healthy lifestyles.
- ❁ **Science classes** are well-suited to use SRTS to demonstrate how walking and biking is better for air quality and the environment.
- ❁ **English and art classes** can be involved in walking and bicycling-related poetry or art contests.

How Can I Get Better Walking and Bicycling Infrastructure?

GMTMA can assist in identifying funding, provide grant writing assistance, facilitate meetings with local, county and state officials, and provide letters of support as appropriate.

SRTS Facts

- ❁ Nearly 50% of American children walked to school in 1969. That figure had dropped to 13% nationwide by 2009.
- ❁ Parents driving their children to school account for 20 to 25% of morning traffic.
- ❁ Increased auto traffic results in poorer air quality, which is especially dangerous for children with asthma.
- ❁ Asthma rates increased by 74% among children ages 5 to 14 between 1980 and 1994.
- ❁ According to some studies, more than 31% of New Jersey's young people ages 10 to 17 are overweight or obese.

Contact GMTMA today to learn more about all of our SRTS programs!

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Walk Safely to School

with Greater Mercer TMA



Developing a strong SRTS program can have multiple health benefits for kids



What is Safe Routes to School?

Safe Routes to School (SRTS) is a federal, state, and local effort to enable and encourage children in kindergarten through 8th grade to walk and bicycle to school where it is safe, and to improve the areas where it is not safe.

Who Should Get Involved?

Anyone can get a SRTS program going—school administrators, teachers, parents, PTOs/PTAs, police officers, municipal officials, concerned citizens, or even kids!



Why Have a Safe Routes to School Program?

- ❁ **Safety:** SRTS programs provide kids with traffic safety tips and lessons, which is important for keeping them safe.
- ❁ **Health:** Walking and biking to school gets kids moving. Studies show that physically active kids have better concentration, mood, self-image, self-confidence, and fewer chronic health problems. It's also fun!
- ❁ **Environment:** Walking and biking produce zero greenhouse gas emissions and create no traffic jams! Fewer cars on the road equals cleaner air and less asthma for kids.
- ❁ **Community:** You and your child can get to know your neighborhood. More feet on the street also create safer neighborhoods!
- ❁ **Sustainable Jersey certification:** Communities with SRTS programs can get points toward certification under the Sustainable Jersey program.

What Kinds of Safe Routes to School Activities Are Offered?

Greater Mercer TMA is the state-designated SRTS coordinator for Ocean and Mercer Counties. We can help you get a program off the ground with a wide range of customized services, educational programs and incentives:

- ❁ **Walking School Bus:** Walking school buses, which are groups of chaperoned students who walk to school together, can be held daily, weekly, monthly, or annually.
- ❁ **Frequent Walker Programs:** Schools can motivate students to walk or bike to school with “frequent walker/bicyclist” programs.
- ❁ **Golden Sneaker Award:** A competition that rewards the classroom that has the most students who walk or bike to school in a given time period.
- ❁ **Safety Presentations:** GMTMA staff can give customized bicycle and pedestrian safety presentations to students.
- ❁ **Bicycle Rodeos/Skills Clinics:** “On bike” events are a great way to reinforce basic skills and teach valuable safety information.
- ❁ **Walkability Audits:** Assess the area around the school to identify barriers to walking and biking. Students, parents, and the community can assist.
- ❁ **School Travel Plans:** In partnership with school and local officials, GMTMA can prepare plans for how to make your community safer to walk and bike.
- ❁ **NJ SRTS Recognition Programs:** Communities that implement SRTS programs are eligible for a statewide recognition program.

