Did you know that in **1969** half of all children walked or biked to school?

Today fewer than 15% walk or bike to school and over half arrive by private automobile. As much as 20-30% of morning traffic can be generated by parents driving their children to school. During this time period the number of overweight children increased by 63%.

For more information on developing a walking school bus program at your school please contact the Greater Mercer TMA office at 609-452-1491 or E-mail us at tma@gmtma.org.

**Walking School Bus Tips:**

Always review pedestrian safety rules with the children before starting your Walking School Bus.

When selecting your walking route choose routes with:
- Sidewalks or paths (if there are no sidewalks, walk facing traffic)
- The fewest and safest street crossings
- Drivers who seem to drive well

Have a sufficient number of adults to supervise walkers.

- The Centers for Disease Control and Prevention recommend **one** adult for every **six** children. If children are age 10 or older, fewer adults may be needed. If children are ages 4 to 6, **one** adult per **three** children is recommended.

**Walking School Bus**

Start your day the active way!

www.gmtma.org
15 Roszel Road South, Suite 101
Princeton, New Jersey 08540
What is a Walking School Bus?

Actually, there is no bus at all. Parents walking children to and from school become the walking school bus.

It can be as simple as two families taking turns walking their children to school or as formal as a structured route with a timetable, designated stops and assigned adult volunteers.

The organization of each walking school bus is really up to the participants of each bus. What’s important is to simply start moving and help our children discover that their journey to school can start with their own two feet.

Why set up a Walking School Bus?

For the children:
- It’s fun and social
- Contributes to good health and fitness
- Learn pedestrian safety
- Learn more about their neighborhood
- Promotes independence
- Arrive at school alert and ready to learn

For the parents:
- It’s fun and social
- Contributes to good health and fitness
- It’s economical
- “Time-Off” for parents sharing the walking duties

For the community and school:
- Less traffic around school and in neighborhoods
- Car exhaust is reduced
- Creates a sense of community
- Crimes are less likely to happen when people are outside

How to set up a Walking School Bus?

Start your bus by fueling it with enthusiastic parent volunteers, and then follow these easy steps.

1. Find some neighbors to walk together.
2. Decide on a safe walking route and be sure that it is tested by adults.
3. Decide as a group how often the walking school bus will walk together and determine a schedule for the adult “drivers of the bus.”
4. Adult “drivers” pick up children at designated stops or at their home along the route. Reverse the procedure on the way home.
5. Enjoy the walk!