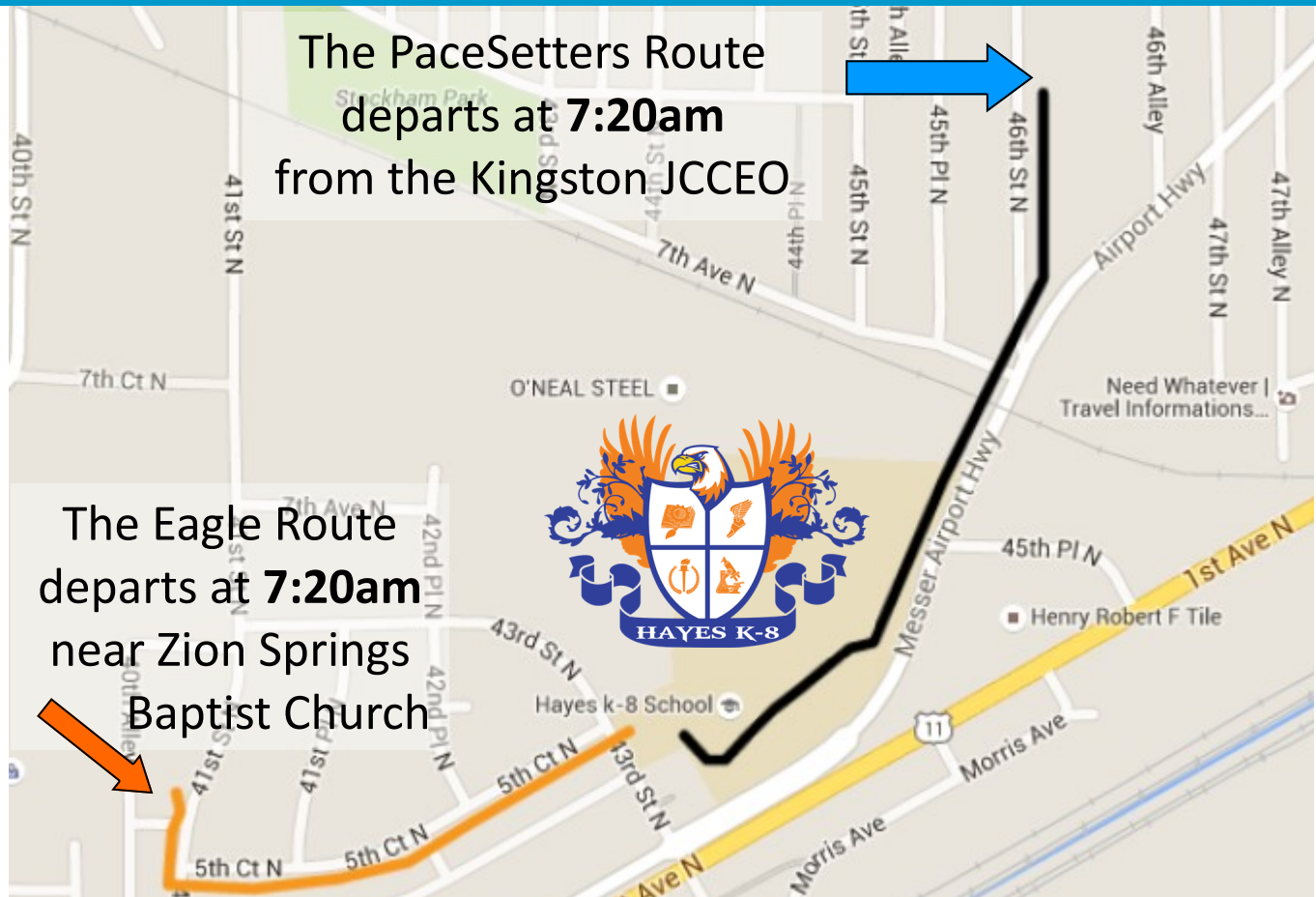


Hayes K8 Walking School Bus Join the Fun—Tuesday, October 6



After the walk meet in back of the school as
Hayes K8 hosts Special Guest Jeh Jeh Pruitt

What is the Walking School Bus?

- It is a fun group event where children, led by adults, walk to school together on a predetermined route.
- It is a safe, convenient and FUN way for children to walk and bike to school and get healthy exercise. It also reduces traffic congestion and improves air quality.

How can we join the fun?

- Students can meet at either of the two start locations between 7 and 7:20, departing for school at 7:20.
- Parent volunteers are needed to walk with the children and assist in traffic safety.
- Use #SafeRoutesAL and #GetMovingAL to promote the event and tag your pictures.
- To volunteer or for more information, please contact Nick Sims at nsims@uwca.org or 458-2166

The Walking School Bus is brought to you by these partners who are committed to safe healthy activity and clean air for our community.





About the Walking School Bus

The Walking School Bus functions like a school bus, but students are walking to school instead of riding in a vehicle. And, it's a lot of fun!

- It is a school-oriented program to educate and encourage students to make healthy lifestyle choices.
- It works with the City of Birmingham to make our community more conducive for walking and biking.
- It increases physical activity, improves safety, reduces traffic congestion and improves air quality.
- The children are supervised by adult volunteers. And, parents are encouraged to sign up to volunteer.

For more information visit www.SafeRoutesAL.org



Parents are Walking Role Models

Children learn through experience. Walking with parents or another caregiver is an important way for children to practice crossing real streets and picking safe places to walk. There is no magic age when children are old enough to walk without an adult. As a parent, you should decide when your child has the skills and experience to deal with traffic safely.

Safety Tips to Share With Your Kids:

- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.
- Look for traffic at every driveway and intersection. Be aware of drivers in parked cars that may be getting ready to move.
- Obey all traffic signs and signals.
- Cross the street safely

We All Need Clean Air!

▶ **Children** are more likely to suffer from air pollution because their lungs are still developing and they have higher breathing rates. This can result in higher risks of developing asthma, respiratory problems as well as other negative health effects.

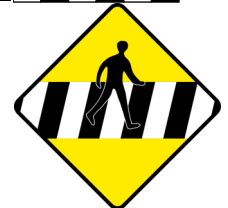


▶ **Schools** are encouraged to adopt "idle-free" zones and ask drivers to turn off their cars when they are not moving on the school campus.

▶ **Cars** use 1 to 2 tanks of gas per year while idling. Idling for more than 10 seconds uses more gas than restarting.



Cross Walk Basics



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

For more information

Contact Nick Sims at
United Way of Central Alabama
(205) 458-2166 / nsims@uwca.org
www.SafeRoutesAL.org
www.uwca.org/health