

Swinomish to La Conner Safe Routes to School Project- the other 3 E's

Education

La Conner Elementary and Middle School PE Teachers were taught the bicycle and pedestrian safety curriculum to teach to students Kindergarten to 8th grade. K-4th students learned pedestrian safety and grades 5th -8th were taught bicycle safety using the bikes and safety equipment purchased by the grant.

Kindergarten -5th grade completed the SRTS PE Courses in fall 2014 and Middle School have completed the course spring of this year.

Encouragement

A Safe Routes to School Kid's Cycling and Pedestrian Skills Clinic was held in conjunction with the Skagit County Fire District #13 National Wildfire Community Preparedness Day at the Hope Island Fire Station on May 2, 2015. This Kids Safety Skills Clinic included: helmet fittings and helmet give-away, bike check-up and maintenance, reflectivity station, and bike registration with the Skagit County Police in order to report or locate lost or stolen bikes.

Those involved included: Skagit County Police, Safe Kids Coalition Northwest, Northwest Indian Health Board, Skagit Valley Hospital Healthy Communities, and awesome volunteers.



Bike and Walk to School Day 2015

Bike to School Day is a national day where kids all over the United States bike to school to promote fun, healthy habits and contribute to a cleaner environment. This was the LCSD first time being involved with the event and was coordinated with the Tribal Police, Skagit Police, and community volunteers. There were approximately 50 biking participants and 60 walking participants. Because of the success of this event the LCSD is looking to plan a Bike to School event in coordination with the National Bike to School Day on Wednesday, October 8, 2015.



Enforcement

In addition to participating in the encouragement and education activities, there will be additional traffic enforcement before and after school in the La Conner School Zone and SRTS Corridor along Pioneer Parkway near the SITC Youth Center.

Other activities will include conducting two bike safety programs, such as a bicycle rodeo by the Swinomish Police and installation of additional Speed Monitoring Driver Feedback Signs on both the Town and Tribe side.

So what is the importance of kids walking and biking to school?

Exercise! Including exercise in kids' everyday routine helps:

- develop stronger muscles and bones
- decrease chances of becoming overweight
- decrease the risk of developing type 2 diabetes
- emotional and mental well-being, exercise gets the blood pumping and increased oxygen to the brain! It also helps improve sleep (when you exercise, your brain gets the message that you're tired at night.)
- with stress management, improved psychological well-being, including gaining more self-confidence and higher self-esteem.