The **Safe Routes to School** at Mission Ridge Elementary program is an opportunity to make walking and bicycling to school safer and more accessible for children, including those with disabilities, and to increase the number of children who choose to walk and bicycle. Safe Ride to School programs can enhance children’s health and well-being, ease traffic congestion near the school and improve air quality and improve community members' overall quality of life.

### Help us Celebrate Safe Routes to School Kick-Off

**Mission Ridge Walk or Ride to School Day!**

Friday, August 8
7:00-7:30 am

### Why walk, bike, or roll to school?

#### Safety
- Reduce speeds in school zones & neighborhoods
- Address distracted driving among drivers of all ages
- Educate generations on pedestrian & bicycle safety
- Less traffic

#### Environment— Green Streets
- Fewer cars & fewer emissions
- Leave the car behind & reduce dependence on fossil fuels
- Better air quality

#### Health
- Reach the recommended goal of 60 minutes of physical activity every day
- Arrive at school energized & ready to learn
- Take an active role in their well-being
- More active & healthier children

#### Community
- Build a sense of neighborhood
- More active, involved parents & families
- Promote driving safely in school zones & the larger community
- Promote the improvement of infrastructure, like sidewalks

### How Will I get to School?

#### Walk— Be Cool, Walk to School Walking School Bus

A walking school bus is a group of children walking to school with one or more adults. It can be as simple as two families taking turns walking their children to school or as structured as a planned route with meeting points, a timetable and a schedule of adult walkers.

#### Bike or Roll

Ride your bike, scooter, or your favorite rollerblades to get to school. Remember, try to ride with other kids and chain up your bike or scooter at Mission Ridge’s Owl’s Nest Bike Rack! Don’t forget your helmet.

#### Ride— Carpool

Share your car ride with lots of students. Take advantage of special parking spaces at the front of the