



Thank you so much for organizing the Walk+Roll Spring Challenge at your school! In this packet, you will find resources to help families at your school walk, roll, and think about what active transportation means to them. We realize that in these unprecedented times a regular May Challenge event will not be possible, so we hope these ideas help you to keep families engaged with walking and rolling in the spring and throughout the summer.

The resources contained in the letter are all suggestions, so please feel free to use it as you see fit, removing the activities that don't work for your school community and substituting them for any that you like.

We are also hosting a poster contest to help students engage with the idea of walking and rolling safely! Art submissions will be open until June 15, 2020 and winners will have their art used on future Walk+Roll posters. Please visit www.thestreettrust.org/walkroll for more information on how to enter.

Are physical incentives useful for your school? If you'd like our usual items like pencils and stickers for your students who pick up lunches, etc., please reach out to lindsay@thestreettrust.org to order them!

Sample Emails for Parents, Teachers, and School Administrators -

Be sure to include the email to parents as an attachment in your communication with school administrators and teachers. If you choose to announce this program on social media or in a school newsletter, it's suggested that you also include that in your email with school administrators.

Dear Parents,

May is upon us so with schools closed, we cannot offer the Walk+Roll May Challenge as usual. In its place, we would like to offer some guidance to families who may be using this time to walk and roll in their neighborhoods and need information on doing so safely. We are also asking Oregon students to participate in an art contest to get them thinking about what walking and rolling safely means to them.

We strongly encourage community members to follow Governor Brown's [Stay Home, Save Lives Executive Order](#) and stay at their homes as often as possible, unless they are engaged in "essential activities."

The order currently allows for certain outdoor activities, including walking, jogging, or biking in your neighborhood, as long as six-feet of physical distancing* from anyone who is not a member of your immediate household can be maintained.

Before community members engage in these outdoor activities with their children, now is a great time to review with them the following walking and biking safety tips.

Art Contest:

- [Show us how you Walk+Roll and have your art featured on a future Walk+Roll event poster!](#)

Walking:

- [Pedestrian Safety Video](#) (Source: Oregon Safe Routes to School)
- [Steps to Safety with ASIMO](#) (Source: The National Safety Council)
- [Visualizing 6 Feet for Social Distancing](#) (Source: CNN)

Biking:

Teaching your child to ride a bicycle

- Video: [Learn How to Ride a Bicycle in 5 Minutes](#) (Source: ElectricBikeReview.com)
- Blog: [How to Teach a Child to Ride a Bike](#) (Source: REI)

Safety tips and skills

- [Helping Your Child be a Safe Bicyclist](#) (Source: The National Center for Safe Routes to School)
- [Ayudando a su hijo a ser un ciclista seguro](#) (Source: The National Center for Safe Routes to School)
- [Videos](#) (Source: Oregon Safe Routes to School)

Helmet fitting

- [Helmet Fitting 101](#) (Source: Oregon Safe Routes to School)
- [Easy Steps for a Perfectly Fitted Helmet](#) (Source: The Oregon Department of Transportation)
- [Un casco de calce perfecto](#) (Source: The Oregon Department of Transportation)

Bike Maintenance

- [ABC Quick Check](#) (Source: Oregon Safe Routes to School)

Further Walking and Rolling Resources

- [Walk+Roll Lesson Plans and Activities e-Toolkit](#) (Source: Oregon Safe Routes to School)
- [Walk+Roll Distance Learning Resources By Grade](#) (Source: Eugene Springfield Safe Routes to School)

*This six foot distance is based on current guidance as of March 30. Be sure to follow the most current guidance from the [Oregon Health Authority](#) and the [Centers for Disease Control and Prevention \(CDC\)](#) on keeping yourself, your family, and your community safe from coronavirus.

Thanks for helping encourage healthy habits in our school community! We couldn't do it without you.

Sincerely,
Walk+Roll Coordinator

Dear Teachers,

May is upon us and as we all know, the Walk+Roll May Challenge cannot go forward as usual. In its place we would like to offer some guidance to families who may be using this time to walk and roll in their neighborhoods and need information on doing so safely. We are also asking Oregon students to participate in an art contest to get them thinking about what walking and rolling safely means to them.

If you could forward along the attached letter to families, that would be greatly appreciated.

Thanks for helping encourage healthy habits in our school community! We couldn't do it without you.

Sincerely,
Walk+Roll Coordinator

Dear School Administrators,

May is upon us and as we all know, the Walk+Roll May Challenge cannot go forward as usual. In its place, we would like to offer some guidance to families who may be using this time to walk and roll in their neighborhoods and need information on doing so safely. We are also asking Oregon students to participate in an art contest to get them thinking about what walking and rolling safely means to them.

The plan is to send the attached letter to teachers to have them send it on to families. If you could review it and approve it for distribution to families, that would be greatly appreciated.

Thanks for helping encourage healthy habits in our school community! We couldn't do it without you.

Sincerely,
Walk+Roll Coordinator

Simple Media Messages

Use these messages to concisely answer questions like “Why is the Walk+Roll Challenge important?” and “Why is your school participating?”

To enhance the health of families.

Walking, bicycling, skating, scooting, and rolling in your neighborhood are excellent ways to add physical activity into your daily routine, especially with many parks being crowded and play areas being closed. Kids need physical activity every day to keep them healthy – and many kids in Oregon just don't get enough! Walking and rolling can help kids improve their strength and endurance, decrease anxiety and stress, and maintain a healthy weight. Positive experiences gained through walking and rolling will pave the way for being physically active throughout life. Many families are already doing these activities, but may be unaware of how to do them safely with their children, so it's important for them to learn how to Walk+Roll the safe way!

Sample Walk+Roll Challenge Messages

The following sample messages can be used to get the word out about your Walk+Roll Challenge resources. They can be adapted for posting on websites and social media, in newsletters, school announcements or emails to families from teachers. Remember that you can celebrate in whatever way works best for your school. If using social media, you can also share the individual resources as separate posts in order to provide more content to your audience.

Spring Celebrates the Walk+Roll Challenge

Spring is the Walk+Roll Challenge. In these unprecedented times, physical activity remains an important part of life for students. Walking, biking, skating, scooting, and rolling improve physical and mental health while allowing students to have fun! Walking and rolling are great forms of exercise and help kids get the 60 minutes of daily physical activity they need. They're also great ways to stay active with summer on its way.

We are excited to offer resources to help you walk and roll safely with your students along with an art contest to get them thinking about what walking and rolling safely means to them. To find these resources, visit www.thestreettrust.org/walkroll.

Spring is the Walk+Roll Challenge!

Keep active this spring and join schools across Oregon to celebrate the Walk+Roll Challenge. Walking, biking, skating, scooting, and rolling is exhilarating, fun, and safe - give it a try this Spring!

Visit www.thestreettrust.com/walkroll to learn:

- How to be a safe pedestrian
 - How to ride a bicycle
 - How to be a safe bicyclist
 - What does 6 feet look like?
-

Show us how you Walk+Roll and have your art featured on a future Walk+Roll event poster!

Show us how you Walk+Roll in your community and celebrate being safe and active! We're looking for K - 8 students from across Oregon to submit their drawings, paintings, and computer generated artwork highlighting walking and rolling. **Make sure your art reflects safety laws, like wearing helmets and using crosswalks.** Winners will be judged on creativity and originality. For more info and to enter, visit www.thestreettrust.org/walkroll.

Sample Newsletter Template -

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Thanks for helping encourage healthy habits in our school community! We couldn't do it without you.

Walk+Roll Spring Poster Contest - Stay Healthy, Stay Active, Stay Safe!

Show us how you Walk+Roll and have your art featured on a future Walk+Roll event poster!



Show us how you Walk+Roll in your community and celebrate being safe and active! We're looking for K - 8 students from across Oregon to submit their drawings, paintings, and computer generated artwork highlighting walking and rolling. **Make sure your art reflects safety laws, like wearing helmets and using crosswalks.** Winners will be judged on creativity and originality.

Contest Guidelines:

- Entries due by June 15, 2020
- Open to students in Oregon from grades K - 8
- Art can be hand drawn or computer drawn and must be scanned or photographed
- Make sure your art reflects safety laws, like wearing helmets and using crosswalks.
- Entries must be emailed to walkrolloregon@gmail.com by June 15, 2020 to qualify
- Winners will have their art used on future Oregon Walk+Roll event posters and future media campaigns

