

The Spin



Colorado Safe Routes to School State Network

Volume 3, Issue 10

Forward Momentum

Keep it going! Though Colorado's Pedestrian Month and Walk to School Day are over, you can find ideas to keep the momentum going on the [WalkBike to School website](#). The site covers a variety of questions and topics, such as:

- How do you keep the momentum going?
- Are routes to school walkable and bikeable, with the primary challenge being to keep families using these modes on a regular basis?
- Did the event bring to light any areas where there aren't safe places to walk and bicycle?
- Are there any issues that need to be addressed before it's right to encourage daily walking and bicycling to school?

[Walking school buses](#), [bicycle trains](#), [bicycle skills clinics](#), and [mileage tracking](#) are all ways to keep families excited about walking and bicycling to school. You can even browse the [Safe Routes to School Guide](#) for more ideas.

Stories from Schools

Loveland's Hidden Hearts: District Crossing Guards

Managing a Safe Routes to School program is no easy task.

Hands down, the most-important ingredients in

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the program are the 18 Thompson School District crossing guards. Families who walk or bike to school frequently comment that the crossing guard stationed along their route is a primary reason that they feel safe as they use these modes of travel.

Ask any one of these guards, and they will plainly tell you that the students that cross "their streets" become "their kids." School district trainers see them as ambassadors for the district. These crossing guards know their kids, often by name, recognize the vehicles that pick them up from a block away and realize when something is out of the ordinary. For two hours a day the guards passionately supervise their posts. Rain, shine, frigid cold and steamy afternoons: They're out there. They shovel forgotten snow-covered sidewalks, lift kids over snow mounds, help anyone needing crossing assistance and provide an ever-watchful eye. Read the rest on the [Loveland Reporter Herald](#).

Photo Credit: [brianjmatis](#) via [Compfight cc](#)

Congratulations to Colorado Fire Up Your Feet Winners

Thousands of students, families and school staff at schools across the country tracked their fitness during the Fire Up Your Feet Fall 2014 Activity Challenge. We are happy to announce that the following schools won awards in Colorado:

- First Place Award: Chinook Trail Elementary, Colorado Springs
- Second Place Award: Van Buren Elementary, Loveland
- Third Place Award: McKinley Elementary, Canon City
- Third Place Award: Washington Elementary, Canon City
- Third Place Award: Peiffer Elementary, Littleton
- People for Bikes Challenge Award: Peiffer Elementary, Littleton
- Fire Up Your Walk to School Award: Lincoln Elementary, Canon City

Congratulations to everyone for the recognition of your commitment to fitness!

National Crosswalk

The New Wonder Drug? Cycling, Some Advocates Say

A new report of data from around the world points to the benefits of cycling, for the cyclist, but also for cities and communities that make significant investments in cycling infrastructure. From increased exercise to improved retail sales to decreased pollution, the benefits are numerous. [Read more at Urbanful](#).

Safe Routes to School Proven Effective

A new study, published in the *Journal of the American Planning Association*, confirms that Safe Routes to School programs are effective at increasing rates of walking and bicycling to and from school. In fact, findings from the study include:

- After an engineering improvement was completed, schools saw an 18 percent increase in walking and bicycling rates.

- Each year of Safe Routes to School education and encouragement programming resulted in a five percent increase in walking and bicycling rates—adding up to 25 percent after five years.

Read more from the [Safe Routes to School National Partnership](#).

Training Wheels & Webinars

Practical Approaches to Youth Engagement in Safe Routes to School

Youth engagement theory and application can be daunting, but this webinar will discuss practical application of youth engagement theories in school-based Safe Routes to School programs. Webinar presenters will provide the basics on youth engagement, highlight proven strategies and successful outcomes in applying youth engagement to safe routes activities, and then provide advice and lessons learned to help safe routes practitioners and youth educators get started. November 18 from 1-2 p.m. EST. [Learn more](#) or [register now](#).

Safe Routes to School as a Tool to Address Chronic Absenteeism

What is the relationship between student transportation and attendance? The National Partnership is teaming up with Attendance Works to explore how we can help students get to school every day. This webinar will discuss how transportation can be a barrier to school attendance and highlight Safe Routes to School as a resource to help communities address chronic absenteeism. Panelists will share community based solutions, best practices, and opportunities to partner with organizations and groups that can be allies in ensuring students have access to safe and reliable transportation to school. December 15 from 2:30-4 p.m. EST. [Register now](#).

Pedaling Programs and Funding Feet

BUILD Community Collaboration Grants Available

The Bold, Upstream, Integrated, Local, Data-Driven (BUILD) Health Challenge is a national award program designed to support community collaborations that are working to give everyone a fair chance to be healthy. BUILD Health will award as much as \$7.5 million in grants, low-interest loans, and program-related investments over two years to strengthen partnerships among hospitals, nonprofits, local health departments, and other community organizations to improve the health of low-income neighborhoods within cities with populations greater than 150,000.

Awards will support as many as 14 community-driven efforts addressing health-shaping factors that individuals can't control (e.g., neighborhood safety, nearby grocery stores with healthy food). In addition to funding, the selected communities will gain access to a comprehensive package of technical assistance and support services to guide them in their planning and implementation efforts.

The BUILD Health Challenge invites collaborative proposals that will identify, highlight, and

advance new models for improving community health and health equity. Applications are due Jan.16, 2015. For more information, [visit the BUILD Health Challenge website](#).

The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communities and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Action for Healthy Kids](#), [Bicycle Colorado](#), [Colorado Department of Transportation \(CDOT\)](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.

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