

Cupertino SafeRoutes2School

Moving beyond improving infrastructure to change behavior

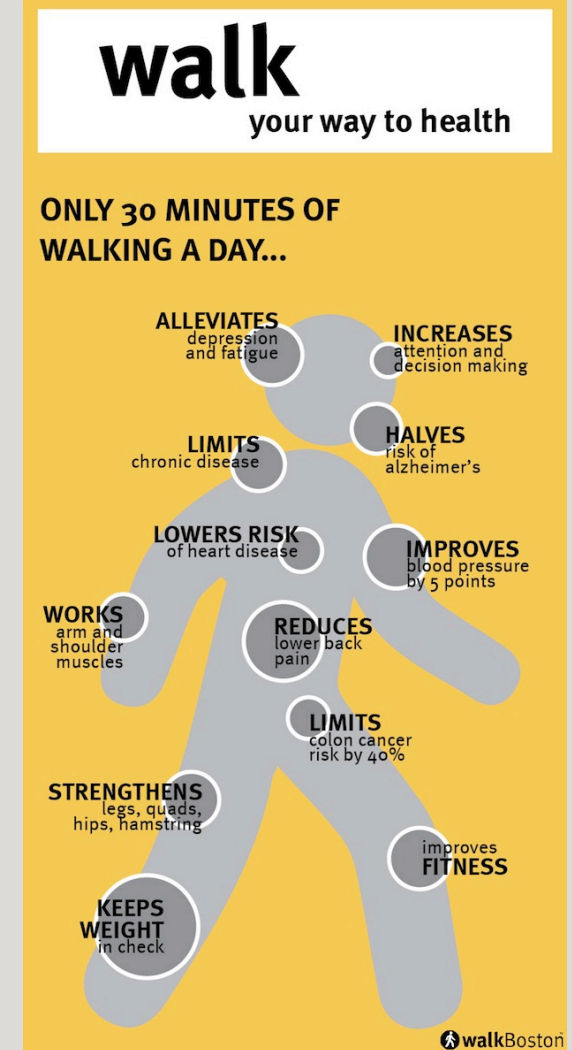
September 8th, 2016
Working Group
Meeting



September Focus – Walking!

■ Walking 30 minutes per day:

- Alleviates depression and fatigue
- Increases attention and decision making
- Limits chronic disease
- **Halves** risk of Alzheimer's
- Lowers risk of heart disease
- Improves blood pressure by 5 points
- Works arm, ab, and shoulder muscles
- Reduces lower back pain
- Limits colon cancer risk by **40%**
- Strengthens legs, quads, hips, hamstrings
- Improves fitness
- Keeps weight in check



Cupertino Safe Routes 2 School (SR2S)

Mission Statement: *"Create a safer environment for students and families in Cupertino to travel to and from school actively."*



What are we doing here?

- **Safe Routes to School:** “sustained efforts by parents, schools, community leaders and local, state, and federal governments to improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school.”
- **We are:** an active working group coming together to prioritize campus and adjacent roadway/sidewalk programs in order to make the above happen. This includes infrastructure, enforcement, education, evaluation, and encouragement.
- **Our meetings are:** Venues for SR2S group members (that’s us) to meet, choose projects, and move them along at different school sites, district-wide, or City-wide.

Program Swag!

- Please choose an item! Mug, water bottle, or shirt 😊



Encouragement: Bike Events at Schools

- **Silicon Valley Bicycle Coalition at:**
 - Oak Court Block Party
 - Lawson Ice Cream Social
 - Regnart Ice Cream Social
 - Garden Gate Safety Night
 - Lincoln Bike Rodeo
 - Sedgwick Ice Cream Social
 - City Fall Bike Fest

SILICON VALLEY
BICYCLE
COALITION



Spotlight- Lawson Middle School

- On August 23rd Lawson Middle School hosted SVBC for a Bike Rodeo at their Ice Cream Social!



Spotlight- Regnart Elementary

- On Wednesday September 7th Regnart featured Silicon Valley Bicycle Coalition and Bay Area Bike Mobile at their Ice Cream Social!



Spotlight- Regnart Elementary



Education: 6th Grade Bike/Ped. Presentations

- In the 2016/17 school year all 6th grade students will receive a bicycle-pedestrian safety presentation from our Sherriff's Department!

Thank you to all
Middle Schools and
CUSD!



Evaluation: Data Collection Fall 2016

- We are again collecting in-class, student tally data from all Cupertino schools
- Week of: Sept. 19th
- Specific Dates: Sept. 20th, 21st, 22nd
- Procedures:
 1. SRO's or I will deliver tally sheets to schools
 2. School admin. will deliver tally sheets to teachers
 3. Teachers will survey their students in the beginning of class on Tuesday, Wednesday, and Thursday and return forms to their administrative staff when complete 😊
 4. I will pick up tally sheets and begin analysis

refer to handouts for specific instructions

Evaluation: Data Collection Fall 2016

- Questions?
- Suggestions for alternate methods of data collection?



Program Tools: Participation Guides for Schools

- Each of you has a copy of the [SR2S Guide for Schools](#)
- These guides will:
 1. *Provide an overview of the Safe Routes 2 School Program*
 2. *Clarify roles and ways to get involved with the program*
 3. *Include a checklist of steps to stay accountable*

SR2S PROGRAM GUIDE - Schools



Background

Cupertino's Safe Routes 2 School (SR2S) program approach mirrors successful model programs that have effectively reduced traffic accidents, reversed the decline in students walking and bicycling to schools, and lessened the alarming nationwide trend toward childhood obesity and inactivity.

This partnership, which began in 2014 between the City of Cupertino, Cupertino Union School District, Fremont Union High School District, and the Santa Clara County Sheriff's Department unites all of us together to solve the health and safety issues facing our community that are primarily caused by excessive vehicular traffic. A successful Safe Routes 2 School Program requires a cooperative effort from City staff, school staff, school district staff, community volunteers, law enforcement, and parents. We have created this guide to provide a clarified understanding of a Safe Routes 2 School program and how school staff can support it.

SR2S Goals

Cupertino Safe Routes 2 School strives to improve safety, reduce traffic, and increase the number of students who walk, roll, and carpool to school through the following five strategies:

1. Increase motorist, pedestrian, and cyclist education for parents and students who attend Cupertino schools
2. Encourage active transportation behaviors through various city-wide, district-wide, and school-specific programs
3. Measure and evaluate how students in Cupertino travel to and from school and use results to shape program objectives
4. Add infrastructure to improve the walkability and bike-ability of Cupertino
5. Collaborate with law enforcement to ensure traffic regulations are being followed

Simple Steps and Resources Available

As school site staff, you play a key role in ensuring the success of a Safe Routes 2 School program. Here are some resources and ways to become a Safe Routes leader: (A handy checklist is provided on page 3 to help guide your progress)

- **Get moving!** Reduce traffic and carbon emissions associated with driving by trying out some new travel routines:
 - Encourage your students and their families to walk and roll to school
 - Celebrate Walk One Week at your school site
 - Email: saferoutes@cupertino.org for dates and participation instructions
 - Bike with your friends/families on the weekends to increase cycling experience and enthusiasm
 - Walk or bike with your child to school or to work

Program Tools: Participation Guides for Schools

■ Instructions:

1. *As I read the guide allowed, please follow along silently*
2. *Please interrupt if you have any questions*
3. *If you are a school, please use this guide to assist with your participation in the program*

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Program Tools: Participation Guides for Schools

- **Notes:**
- *These guides will be available online at Cupertino.org/saferoutes > "Get Involved"*
- *I will send these out electronically after the meeting*
- *Parent guides and school district guides are coming soon!*

SR2S PROGRAM GUIDE - Schools



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Engineering: “FAQ from the Front Lines”

David Stillman
Associate Civil Engineer
City of Cupertino



Program SWAG- Banners and Brochures

- Second batch of Walk N' Roll Banners are here!

If you are a school administrator or PTA rep. from Lincoln, Kennedy, Faria, Garden Gate, Eaton, or Stevens Creek please pick up for your school campus 😊



Reminders and Events

Upcoming Events:

- **September 20th, 21st, and 22nd** – Fall Data Collection @ Cupertino Schools
- **September 24th** – Bike On Main @ Main St. Cupertino, 10 AM – 1 PM
- **October 1st** – City Fall Bike Ride and Festival @ City Hall, 9- 1 PM
- **October 5th** – International Walk to School Day
- **October 12th** – SR2S Working Group Meeting, here from 4-5 PM

Thank You!

- Have any additional feedback to share?
 - Email: saferoutes@cupertino.org
 - Website: cupertino.org/saferoutes
- *"Coming together is a beginning, keeping together is progress, working together is a success" – Henry Ford*