

## What is a Walking School Bus?



A **Walking School Bus** is a group of students (*passengers*) walking to and/or from school with one or more responsible supervisors, such as a parent or volunteer neighbor (*leaders*). It is just like riding the bus...minus the bus!



A **Bicycle Train** is a variation of a Walking School Bus. The only difference is the group is bicycling rather than walking.



Another option is a **Remote Drop-off Location**. Students who live far from the school can be dropped off to join a Walking School Bus or Bicycle Train for the remaining trip to school.

A **Walking School Bus** is for **EVERYONE!**



## About Safe Routes to School

**Safe Routes to School** is an international movement to enable and encourage students to safely walk and bicycle to and from school and in daily life.

**Safe Routes to School** programs are the result of parents, schools, communities and government joining forces in an effort to ultimately improve the health and safety of our children.

The **Safe Routes to School** program in Northeast Iowa works with communities and schools in six counties (Allamakee, Chickasaw, Clayton, Fayette, Howard and Winneshiek) in conjunction with the **Northeast Iowa Food and Fitness Initiative**, which promotes healthy, locally grown food and active living and play in the region.



Looking for more information?

Want to organize a Walking School Bus?

Want to help with a Walking School Bus?

Contact your

Regional Safe Routes to School Liaison today:

Ashley Christensen

Regional Safe Routes to School Liaison  
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[www.uerpc.org](http://www.uerpc.org)

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Northeast Iowa



## Safe Routes to School

The Basics on:



# A Walking School Bus



The *simple, fun* way to get children to school *safely* and *actively!*

It promotes health...

...it positively impacts academics...

...it improves safety in our community...

...and it is 100% FREE!



## Why Choose the Walking School Bus

## Northeast Communities with Walking School Bus Routes

## How To Start a Walking School Bus

### To improve the health of our children:

Walking and bicycling to and from school are easy ways to get children active, which is essential for healthy growth and development.

### To impact our children's academic ability:

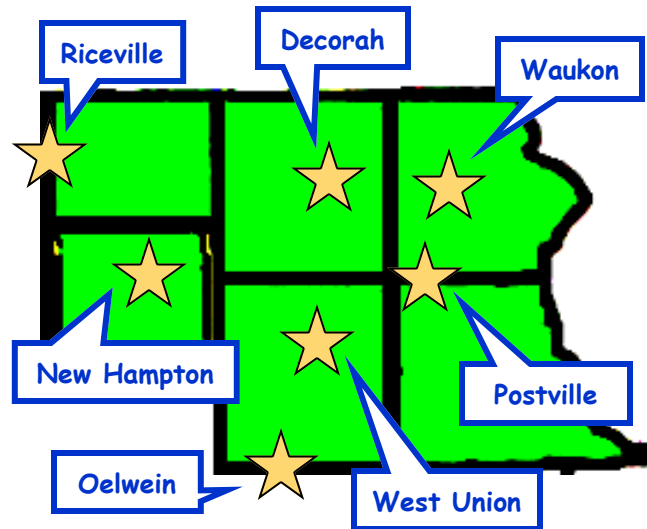
Studies show physical activity helps improve academic performance.

Plus, teachers report children behave better in the classroom when they are active before school.

### To make our community a safer place:

Advocating for safer walking and bicycling pathways will benefit people of all ages and abilities, especially our children.

Also, when more people are active outdoors in their communities, crime rates actually go down.



**...put your community on the map!!**

**Start a Walking School Bus in your neighborhood or community TODAY!**

If you are a student, parent, older brother, older sister, aunt, uncle, cousin, grandparent, teacher, volunteer, retiree, business representative, city official, youth leader, friend, neighbor, community member, the list goes on...

**YOU can make a difference!**

Read on to learn how to start a Walking School Bus →

### 1 Team up!

Contact your Regional Safe Routes to School Liaison— Ashley Christensen— your Walking School Bus expert. She is here to assist you! (*Contact info on back*)

### 2 Organize!

Recruit neighbors to join— both as passengers and leaders. Assign who will lead each walk.

### 3 Plan!

Decide where, when and how often to meet. Pick a route, and go for a test walk to make sure it will be safe for traveling.

### 4 Prepare!

Share contact information, set expectations and have steps in place for unexpected events, such as sickness or bad weather.

### 5 Have Fun!

Make this an exciting learning opportunity for the students! Track how many miles you have traveled. Take notes of interesting things seen along the walk. Be creative!

