



## SAFE ROUTES TO SCHOOLS MARIN COUNTY

Dear Parents –

Your school is part of a county-wide [Safe Routes to Schools](#) movement to increase students' health and safety during school commute hours. ***If you live within one to two miles from school, walking and biking are strongly encouraged.*** If you live too far, please consider dropping your student off 1/2 mile away from school to walk partway. Every bit helps to reduce traffic and emissions to benefit all students.



***Studies indicate that youth who walk and roll to school perform better in school; physical activity creates higher academic achievement, better cognitive performance, better reading fluency, and improved executive functioning.***

Please plan ahead with your student and practice your walking or cycling route on the weekends. For teaching tips, watch these short [pedestrian](#) or [bicycle safety videos](#) from Safe Routes to Schools. Please also **review the attached walking and biking safety tips** with your student.

Save the Date: International Walk and Roll to School Day "i-Walk" is October 6th. Participating schools will raffle prizes to encourage students. If you can help hand out raffle tickets the morning of Oct. 6th, please contact [lou@marinbike.org](mailto:lou@marinbike.org)

To address safety concerns (e.g. sidewalks, crosswalks, bike lanes, traffic signals) at the Safe Routes to Schools Task Force meeting, contact Wendi Kallins: [wkallins@igc.org](mailto:wkallins@igc.org)

Wishing your family a healthy and happy start to the school year,

Gwen Froh  
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