

**TA**

**CORRESPONDENCE**

**as of 2-3-2021**

**From:** Safe Routes to School San Mateo County Office of Education  
**To:** [Board \(@smcta.com\)](mailto:Board (@smcta.com))  
**Subject:** January | February 2021 Safe Routes to School Newsletter  
**Date:** Friday, January 29, 2021 3:42:11 PM

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## San Mateo County **SAFE ROUTES TO SCHOOL**

Healthy Kids • Green Communities • Safe Journeys

**January - February 2021**



New year, new goals, and new and exciting opportunities! As we reflect on the past year and embark on a new path for 2021, the SMCOE Safe Routes to School team is looking forward to all the fun walk/bike to school days and SRTS activities this year. In 2020, we premiered Story Time, The SRTS Escape Room, and hosted our first virtual walk audit. We can't wait to see what's in store for 2021!

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**February is American Heart Month**



Did you know that about 1.4 million Californians suffer from coronary heart disease? Heart disease is often preventable and we encourage you to keep your heart healthy by going on walks, biking, practicing self-care, getting enough sleep, and choosing heart-healthy food choices, if available.

[To learn more about what you can do to keep your heart healthy, click here.](#)

## Safety Tips for Students Returning to School in Winter 2021

As COVID-19 restrictions begin to lift, we want to remind our readers to continue following safe practices while navigating their routes to school. Please download the [Winter Safety Tips](#) for helpful reminders about walking and biking safely this winter.

### Winter Safety Tips

#### Pedestrian and Bike Safety

- Look and listen for traffic in all directions. Keep looking while crossing the street.
- Be cautious when crossing driveways and alley entrances
- Always cross at crosswalks, not between parked cars
- Make sure you are seen by:
  - Making eye contact with drivers when crossing streets
  - Wearing bright/reflective clothes
  - Carrying a flashlight when walking in the dark

#### Travel Comfortably

**1st Layer:** A light shirt, preferably made of synthetic material

**2nd layer:** Insulation - a fleece, flannel, sweatshirt, or jacket to keep body heat in.

**3rd Layer:** Wind and rain protection with a light waterproof or water resistant jacket.

**4th Layer:** Hats and gloves will protect your ears and hands from crisp winter mornings.

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### Consejos de Seguridad Para el Invierno

#### Seguridad Para Peatones y Bicicletas

- Mire y escuche el tráfico en todas direcciones. Cuando cruza la calle, continúe a mirar para los coches.
- Ten cuidado cuando cruza las entradas y los callejones
- Siempre cruce en los pasos de peatones y no camine entre los carros estacionados para cruzar la calle
- Asegúrese de que le vean:
  - Haga el contacto visual con los conductores cuando cruza la calle.
  - Lleve la ropa con los colores brillante / reflectante
  - Lleve una linterna cuando camina en la noche

#### Viaja Cómodamente

**1ª capa:** Una camisa ligera, preferiblemente una que se hace del material sintético.

**2ª capa:** La insulación - una chaqueta polar, un abrigo de franela o un suéter para conservar el calor corporal.

**3ª capa:** Protéjase del viento y la lluvia con una chaqueta impermeable. Escoja un color brillante para aumentar la visibilidad.

**4ª capa:** Protéjase las orejas y las manos de las mañanas frías y despejadas con los gorros y los guantes.

Logos: CALIFORNIA DEPARTMENT OF EDUCATION, SAFE ROUTES TO SCHOOL, CCAG, OTS TRAFFIC SAFETY

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## Winter Partnership With Cooline Team of EPA

Cooline Team of East Palo Alto is a non-profit organization founded and led by Christian Sbragia, a passionate local activist and youth leader. The Safe Routes to School team partnered with Cooline Team of EPA (or CTEPA) to assist with their Winter Project, which consisted of a winter box delivery and a 3 day online winter camp. The boxes were delivered on Saturday, December 19th to **100 students** in East Palo Alto. A team of Safe Routes to School representatives and CTEPA representatives put the boxes together and made the deliveries following COVID safety practices. The boxes included many goodies, such as books, bike lights, safety vests, activity books, coloring sheets, food, and more. The boxes were delivered to students in the Ravenswood City School District and surrounding areas whose families qualified as low income. The impact of this project was far-reaching, as resources, activities, food, and holiday cheer were delivered across the city of East Palo Alto and beyond. Looking into 2021, Cooline Team of EPA has more camps, box deliveries, and projects in store, and the team at Safe Routes to School looks forward to supporting them!

Check out all that Cooline Team of EPA does and get involved by visiting

<https://www.ctepayouth.org/>



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## Baby Yoda's Safe Journey: A Star Wars Safe Routes to School Virtual Escape Room

On December 17, we premiered our first-ever virtual escape room. Over **90** participants (some from as far as Ecuador and Canada!) completed the escape room and we could not be happier with the outcome, whether it was inspiring educators to create similar content or educating students on ways to be safer when walking or biking. If you have not yet joined us for Baby Yoda's Safe Journey,  
you can begin your adventure [here](#).

# SAFE ROUTES TO SCHOOL

## Safe Routes to School Story Time ¡En Español!

We are piloting a new version of our Safe Routes to School Story Time and it's all in Spanish! The first session was held on Wednesday, January 27 and we will continue to read stories in Spanish on Wednesday, February 3, and Wednesday, February 10.

Feel free to [download the flyers](#) and share the news with all Spanish-speaking students and families who would like to practice their Spanish, even if they are not in San Mateo County. You can register [here](#).

### STORY TIME

with Safe Routes to School



Come take a lunch break with San Mateo County Office of Education's **Safe Routes Program** every **Wednesday at 1PM**. We will be reading a different book in Spanish each week. Join our reading adventure and gain a better understanding of pedestrian, bicycle, and traffic safety.

The books are most appropriate for Kindergarten to 5th graders.

**Readings Every Wednesday at 1:00 PM**  
1/27/2021 • 2/3/2021 • 2/10/2021

Register Here:  
<https://tinyurl.com/y3e8jnyx>



### HORA DE CUENTOS

con Rutas Seguras a la Escuela



¡Tome un descanso con el programa de **Rutas Seguras a la Escuela del Condado de San Mateo** todos los **miércoles a la 1:00 pm**! Cada semana estaremos leyendo diferentes libros en español. Únase a nuestra aventura de lectura para entender a profundidad la seguridad de peatones, ciclistas y la seguridad de tráfico.

Es más apropiado para estudiantes de Kinder a Quinto grado.

**Lecturas cada miércoles a la 1:00 pm**  
1/27/2021 • 2/3/2021 • 2/10/2021

Regístrese aquí:  
<https://tinyurl.com/y3e8jnyx>



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## Virtual Safe Routes to School Story Time Returns!

Safe Routes to School Story Time will be returning on **Wednesday, February 24 at 1:00 pm**. Feel free to spread the word to other students, even if they are not in San Mateo County. We will explore themes from corresponding environmental and social justice awareness days such as World Day of Social Justice, World Wildlife Day, International Women's Day, International Day of Happiness, International Day of the Elimination of Racial Discrimination, César Chávez Day, Autism Awareness Day, the anniversary of the Native American Civil Rights Act of 1968, Earth Day, National Day of Silence, and Asian-Pacific American Heritage Month.

Be sure not to miss it by registering [here](#). Feel free to [download the flyer](#) and share the news with all students and families, even if they are not in San Mateo County. You may also encourage students to complete [Baby Yoda's Safe Journey](#).

If you are a teacher and are interested in bringing Story Time with Safe Routes to School to your virtual classroom, please email Isabella Farinelli at [ifarinelli@smcoe.org](mailto:ifarinelli@smcoe.org) or Sonia Schendel at [sschendel@smcoe.org](mailto:sschendel@smcoe.org) for more information and to schedule a date and time.

# STORY TIME

with Safe Routes to School



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**Most appropriate for Kindergarten to 5th graders.**

**Readings Every Wednesday at 1:00 PM**

2/24/2021 • 3/3/2021 • 3/10/2021 • 3/17/2021 • 3/24/2021 • 3/31/2021  
4/7/2021 • 4/14/2021 • 4/21/2021 • 4/28/2021 • 5/5/2021

**Register Here:**  
**[tinyurl.com/1w9mcp9a](https://tinyurl.com/1w9mcp9a)**



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**February is Black History Month**



Every February, we reflect on and honor the achievements, contributions, and experiences of African Americans in our country. Now, more than ever, it is crucial to recognize and celebrate their contributions to U.S. history, American culture, and politics! We invite and encourage you all to honor Black History Month. The San Mateo County Library System has a series of virtual story times, crafts, arts, and music events to honor Black History Month through the entire month of February. You can visit their page to learn more and register for specific events [here](#).

***Feeling inspired to host a walk/roll event to honor Black History Month?***

You can host a walk/roll day to honor Ms. Ruby Bridges, the first student to integrate her elementary school in New Orleans, Louisiana on November 16, 1960. At the tender age of six, Ms. Bridges first integrated William Frantz Elementary School and was met with angry crowds who did not want her to attend the previously all-white school. Her simple, yet courageous act, of attending school every day despite the angry crowds played an important role in the Civil Rights Movement. In 2018, San Mateo County SRTS hosted the first Ruby Bridges Walk to School Day and the event grows bigger every year. If you'd like to honor Ms. Bridges for Black History Month, please visit our [website](#) for activities, lesson plans, books, and other resources to celebrate her courageous act and the impact she has had in education.

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## **Mark Your Calendars... Earth Day is Near!**

Earth Day is Thursday, April 22nd - start planning your events today! Although many of us will still be in distance learning come April, we would like to encourage you to start planning ways to engage students, families, and the

entire community for Earth Day. You can celebrate Earth Day by participating in a socially-distanced litter/beach clean up, choosing to walk/bike instead of drive, or planting seedlings along your favorite walking/biking route!

If you are a SRTS grantee and would like to schedule an Earth Day themed Safe Routes to School event, reach out to one of our vendors, like [\*Earthcapades\*](#) or the [\*Marine Science Institute\*](#).



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# OUTRIDE

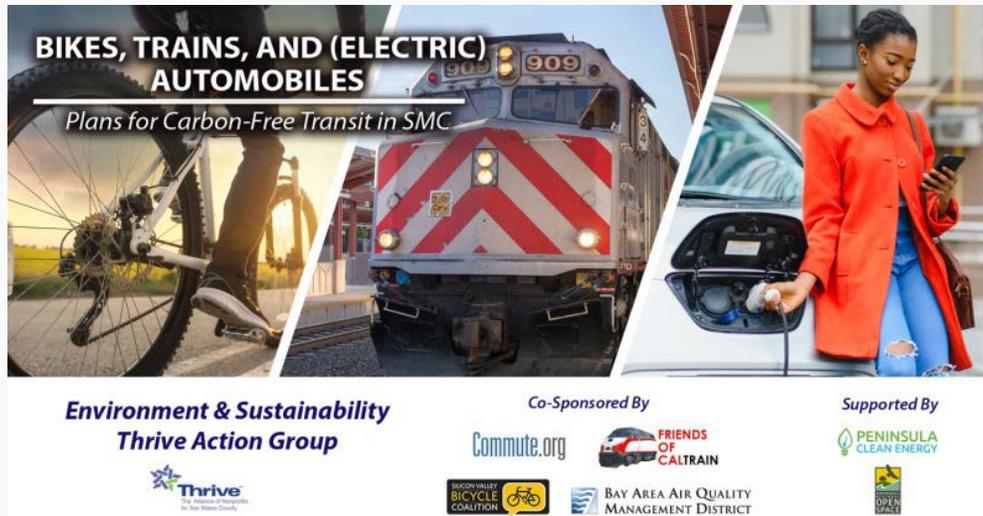
## **Outride Winter 2021 Grants NOW OPEN! Riding for Focus (R4R) Grant**

Riding for Focus (R4F) is our middle school-based PE program. Developed as a result of our initial research findings, R4F promotes cycling as an outlet for students to improve their cognitive, physical, and socio-emotional well-being. Schools can acquire R4F via two pathways - by purchasing the program, or for schools serving marginalized communities, by applying for a program grant.

Schools are provided with everything they need to get their 6th-8th grade students riding, including bikes, helmets, curriculum, and intensive teacher training. Riding for Focus has been implemented in nearly 200 schools—providing cycling education and access to 50,000 students to bikes during their school day—and 57% of schools in our R4F network serve communities where the majority of their students qualify for free/reduced lunches.

You can learn more about Outride's funding opportunities [here](#).

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## Plans for Carbon-Free Transit in San Mateo County

Amidst major disruptions and vast challenges in 2020, what lies ahead for sustainable and equitable transit on the Peninsula corridor? This **Thursday, February 4 from 3:30 - 5:00 pm**, [Bay Area Air Quality Management District](#), [Communte.org](#), [Friends of Caltrain](#), and [Silicon Valley Bicycle Coalition](#) are co-sponsoring: *Bikes, Trains, and (Electric) Automobiles: Plans for Carbon-Free Transit in SMC*. Hear from transit experts, share your concerns, submit your ideas, and join in on the conversation.

To register, [click here!](#)



## Silicon Valley Bike Coalition Biketivist Forum

Want to learn about campaign planning and advocating for projects? Silicon Valley Bicycle Coalition is conducting a series of **Biketivist Forums**. In their February forum, they will be talking about campaign planning examples and

best practices with Menlo Park council member Jen Wolosin and Walk-Bike Cupertino Member Seema Lindskog. The second half of the forum will be dedicated to local team meetings where you can campaign for better biking and walking in your area! The event will take place on **Wednesday, February 17, from 5:00 - 7:00 pm.**

Register [here](#) to attend.

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## Connect the Coastsides Update

The [Connect the Coastsides Final Administrative Draft](#) was released! Please join the project team for a review and discussion of the updates to the Plan at the upcoming [Planning Commission meeting](#) on **Wednesday, February 10 at 9:00 am.**

To learn more, [visit the Connect the Coastsides website.](#)

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## Safe Routes to Anywhere... Fun for the Whole Family!



In our previous newsletter, we compiled a list of free and family-friendly local

activities that are either virtual or socially distanced. It was such a fun addition that we decided to include more! From virtual museum exhibits to nature events, you can (safely) explore it all. Please take a look at the links below for local events:

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## **Monthly Bike Education Classes With the Silicon Valley Bicycle Coalition Thursday, February 25, 2021, 6:00 pm - 7:00 pm**



Have you heard that the SVBC team will be kickstarting monthly bike education classes? SVBC is offering virtual and interactive classes committed to helping you with your biking needs. Each class will include a show-and-tell of bike-y needs, a video, participant discussions, and comprehensive Q and A's. Please register [here](#).

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## **Free First Fridays at the San Mateo County History Museum Friday, February 5, 2021**

The San Mateo County History Museum will be free to the public on the first Friday of the month and all activities will be virtual. There will also be online tours of the museum throughout the day. Be sure not to miss their next event on February 5th.

[Click here to learn more.](#)



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## **Get to Know Our Amazing Native Oaks With The Elizabeth F. Gamble Garden Wednesday, February 10, 2021, 5:00pm - 6:00pm**

Getting to know our native oaks is a powerful way of remembering the past, observing the present, and giving us hope for the future. Join The Elizabeth F. Gamble Garden to learn about and celebrate native oaks in our midst.

Presenter Elise Willis, an ISA Certified Arborist, is the Tree Programs Director at Canopy. Elise has a BS in Forest Resources and Conservation from the University of Florida, but her urban forestry focus has taken place right here in the Mid-Peninsula. She came to know Palo Alto's trees quite well during her time as an Urban Forestry Technician for the City of Palo Alto. While at Canopy, she has managed the South Palo Alto Tree Initiative, The Great Oak Count, and the Young Tree Care Survey.

We encourage you to attend this virtual event and afterwards take a walk to see some of our amazing native oaks in person! You can learn more and register

[here](#).



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## **Virtual Invention Lab at the Hiller Aviation Museum!**

Meet Hiller Aviation Museum staff and build an aviation-themed project online in a special Virtual Invention Lab session! Each session runs 30-35 minutes and includes an introduction, hands-on activity, and exploration of an aircraft or aircraft replica in the Hiller Aviation Museum. Presented live via Zoom from the Invention Lab studio! No pre-registration required, just drop in! Virtual Invention Lab meets Tuesdays, Wednesdays and Thursdays at 2 PM.

You can learn more by visiting their website [here](#).



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## Top 6 Games to Play Virtually with friends, family, or students!

If you're tired of playing the same games on Zoom, check out this article by Playworks for inspiration on fun games that can be played virtually or in a socially-distanced setting! These games are easy enough for any educator to lead and for any kid to join in without previously knowing the rules.

[Click here to read the full article.](#)



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