



Cleveland Heights

# Walk or Bike TO SCHOOL



## Join With Kids in More Than 40 Countries!

October 10 is International Walk to School Day around the world. Be part of this global movement. In the Heights, we celebrate October 10 as Walk or Bike to School Day. It's on the Cleveland Heights University Heights School District calendar, and your school is listed as participating on the national Walk Bike to School website: <http://walkbiketoschool.org/>.



The Center for Disease Control and Prevention says children and adolescents should do one hour or more of physical activity each day, and walking or biking to school can help reach that goal. Walking or bicycling with friends and neighbors makes it even more fun.



See safety tips over. Thanks to your school's PE teacher, principal and PTA, the Heights Bicycle Coalition, the City of Cleveland Heights and the Cleveland Heights-University Heights City School District for supporting Walk or Bike to School programs.

**QUESTIONS? Call Mary Dunbar 321-1335 or Bruce Tyler 932-3290.**



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# Safety Tips

## Advice For Motorists:

Watch for pedestrians & bicyclists on sidewalks when entering or exiting driveways.

Give priority to pedestrians.

Obey the speed limit.

Pay attention to the road and wait to text and talk on phones.

## Advice for Bicyclists:

WALK bikes on sidewalks which are shared by students walking or bused to school.

Park and lock bikes at the racks located by your school's entrance.

Wear a bike helmet.

## Advice for Walkers:

Always use sidewalks and crosswalks for safety.

Set an example...Use crosswalks, even if it means a few extra steps.

Form a walking school bus or join with neighbors to walk to school. There is safety in numbers.

A parent can lead the group until students feel comfortable with the route and the rules of the road. Set up signals, like turning on your porch light if you aren't walking that day.



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