



Cleveland Heights

Walk or Bike TO SCHOOL



Wednesday, October 5 is the Day !

Be part of Walk or Bike to School Day. Whether you walk or bike, it's good for your health, the environment, and the community. Active transportation means less air pollution and traffic congestion. And it can be fun if you walk or bike with family and friends.



Research shows that children who get some exercise before school by walking or biking are more ready to learn when classwork starts. That's why Walk or Bike to School Day is on the Cleveland Heights-University Heights City School District calendar. Check out the tips for safe travel on the other side of this paper.



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

QUESTIONS?

Call Mary Dunbar 216-321-1335 or Pam and Bruce Tyler 216-932-3290



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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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