



Newsletter No. 23, May 2009

Michigan's SR2S program provides the impetus, structure and guidance to address areas around school communities and walking routes to and from school. The program also allows for community input and encourages safer behaviors that lead to positive change.

-Dominic Sarvello, Program Director
Hanley International Academy, Hamtramck

Bicycle Rodeo Train the Trainer

The League of Michigan Bicyclists will offer a bicycle rodeo-train-the-trainer event on Saturday, June 13 at Roosevelt Elementary School in Stevensville (Southwest Michigan) from 9:30 am to 2:00 pm. This train-the-trainers is for adults only and will teach participants how to conduct effective bicycle rodeos in their community. **Registration for this training is required.** To register, please contact Andrea Cawthray at (517) 908-3830 or by e-mail at acawthray@michiganfitness.org.

Safe Routes to School Survey Reminders

Administering parent and student surveys are a key step in the SR2S planning process. The information you collect from the surveys, along with the findings from your walking audit, will help your SR2S team determine which projects and activities to include on your school's action plan. Please refer to the chart below before administering your surveys.

Survey Name:	For Grades:	Where Completed:
Travel Behavior Tally	K-8	In class
Student Survey	3-8	In computer lab
Parent Survey	K-8 (households)	Sent home or online

Please remember, do not copy any of the surveys directly from the SR2S Handbook. Any surveys that are copied from the Handbook and turned in for processing will be returned to the school and will need to be redone.

Michigan's SR2S Program in the News

Michigan's SR2S program was recently featured in the June 2009 issue of the Journal of School Health. Dr. Christine Vogt (Michigan State University) and Dr. Ariel Rodriguez (Arizona State University) co-authored an article titled *Demographic, Environmental, Access, and Attitude Factors That Influence Walking to School by Elementary School-Aged Children* that is based on research from Michigan's SR2S program. To view the abstract, please visit our website at: <http://www.saferoutesmichigan.org/news.htm> and click on the Journal link.

Congratulations to everyone who completed parent and student surveys in Michigan. The research used for this article came from the hard work and dedication of SR2S supporters in Michigan!



SR2S Action Plans Project

The Michigan Fitness Foundation is pleased to announce that 30 schools will receive mini-grants to enable and encourage their students to safely walk or bicycle to school. The grants are part of the Foundation's *Safe Routes to School Action Plans Project*. The Action Plans mini-grant program is supported by Blue Cross Blue Shield of Michigan (BCBSM). As part of its social mission, BCBSM is committed to building healthy communities and supporting programs aimed at combating childhood obesity.

The schools will use their grants to facilitate a planning process that will lead to the creation of a customized SR2S action plan at each school. The planning process, outlined in the Michigan SR2S Handbook, involves forming a team of local stakeholders, administering parent and student surveys, and identifying environmental obstacles to safe walking and biking. Once these obstacles have been identified, the team determines which steps to take to eliminate or minimize them. The grants will also be used to fund specific, low cost items from a school's action plan, such as bicycle racks, pedestrian and bicycle safety training, or walk to school days.

For more information and to see what schools are participating, please visit our website at: www.saferoutesmichigan.org/news.htm.

Pay It Forward Mini Grant Opportunity

Pay It Forward Mini Grants are designed to fund one-time-only service-oriented projects identified by youth as activities they would like to perform to benefit their school, neighborhood, or community. These projects must be based on the "pay it forward" concept—where one person does a favor for others, who in turn do favors for others. What a great fit with the Make Trax™ Youth Engagement Module!

Mini-Grants of up to \$500 are available for projects one time only. The deadline to submit an application is September 15, 2009. For more information about this mini-grant opportunity, please visit the Pay It Forward Foundation website at: <http://payitforwardfoundation.org/educators/mini-grant.html>.

For middle schools involved and/or interested in the Make Trax™ Youth Engagement project, the Pay It Forward Mini Grant is a great way to cover the cost of the technology items used in the module and an even better way for youth to get involved and give back to their community.

Make Trax™

Coming soon! Look for the release of Michigan's Make Trax™ curriculum this August! For more information or to get involved in this project, please contact Andrea Cawthray at (517) 908-3830 or by email at acawthray@michiganfitness.org.

Elementary ACES its Way to the Top

Congratulations to Dickinson East Elementary School in Hamtramck. The elementary school participated in ACES Day (All Children Exercise Simultaneously) on May 6, 2009. For ACES, the students of Dickinson East Elementary exercised on their school playground doing jumping jacks, toe touching stretches and then walked around the surrounding neighborhood before returning to class. The elementary was one of the first hundred schools to return their post-event response form and through a randomly selected drawing the elementary school has won three grade levels worth of Fit Bits. Fit Bits is a series of books for K-5 describing activities intended to improve students' health and wellness in the classroom. Again, congratulations to Dickinson East Elementary for your participation in ACES and dedication to active, healthier lifestyles.

Thanks, and please remember to call our office if you have any questions, comments, or suggestions!

Best wishes,

Andrea