

Give Them An Inch and They'll Walk for Miles: Students as the Leaders in Building A Walk to School Program



Bear Creek Elementary School
Boulder, CO
Presenter: Kent Cruger
Slides by Jim Korish

What does it take to create a successful
Safe Routes to School program at the
elementary school level?

Who are We?

- Intro to Bear Creek Elementary
- <http://bvvsd.org/schools/bearcreek/Pages/default.aspx>
- Location
- Age of school
- Student Population
- A busy school!: Intramurals, Jump Rope Club, Math Olympiad, CalWood Outdoor Ed Program, Bolder Boulder 10K Run, Spotlights Choir, 5th grade Orchestra & 5th grade Band, Read with the Buffs program, Bingo Nights, Science Nights, Community Outreach Group, Chess Club, Juggling Club, Spanish classes

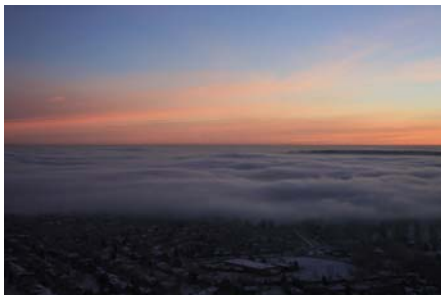
The Team

- The Students
- Principal
- School Secretaries
- Parent Volunteers
- Boulder Valley School District Support People
- Local Police
- City Engineers
- Neighbors
- Safe Routes to School program



View of Bear Creek from NCAR

(Photo Courtesy of Mike Morton)



The Kids



Kids Interviewed



Meagan and her dad were interviewed by an AP reporter. The article ran in USA Today, and CA and IL newspapers. She walks, takes a city bus and often bikes to school and adds: "I don't want more pollution because pollution can actually kill animals and also make the hole in the ozone bigger."

Healthy Staff



Trying to be Inspiring, We've Been Inspired

- "We're trying to create a new culture of daily car-free habits in this young generation," said Vivian Kennedy, a parent volunteer for Bear Creek.
- Beth Sheveland, principal's assistant at Bear Creek, said it's been an inspiration to watch the kids take to the streets for the cause. "At 8:20 a.m., they're like little ants coming down the hill and heading toward the school," Sheveland said. "It's really been a school-wide thing."

Parent Volunteers



Staff



District Support

Boulder Valley School District
Superintendent Chris King recognized Bear Creek with a Superintendent's Honor Roll at the May 2009 School Board Meeting. He continues to promote Safe Routes at more than 15 BVSD schools.

Local Boulder Business Collaborators

Many local companies stepped up to help us as we promoted our new program. We continue to patronize our local businesses and thank them for their support.

Community Cycles, Rich Points
Sports Authority, Boulder & Superior Stores

- Performance Bikes
- Barry Schact, Mirrycle Corporation, bike bells
- Dave Pence, Arapahoe HS, t-shirt silk screening
- El Dorado Water
- University Bike Shop
- King Soopers Supermarket
- Mickey C's Bagels
- Boulder Running Company
- Boulder Parks & Rec

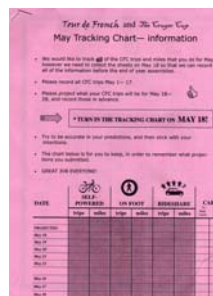
2008-2009: It's a Part of Us



International Walk to School Day 2006



How to track the trips?



2007: Getting the Ball Rolling



- Helmets
- Bike bells
- Individualized Certificates
- Bigger prizes at first, smaller prizes 2nd year of grant
- Snacks & Drinks
- T-shirts

Cruger Cup



Named for principal Kent Cruger, the Cruger Cup is awarded to those students and staff who successfully arrive to school via alternate means EACH DAY of the school year. The >100 winners in 2009 get to take the Cup home for a visit, much like the NHL champions.

Cruger Cup Intro



Tour de French and The Cruger Cup Tracking Chart GOALS

1. The goal of the Tour de French is to record as many CFC ("Five Classroom") trips as you can. "Self-parent", "On Foot" and "Bikesters" all qualify as CFC trips.
2. The goal of The Cruger Cup is to have an additional consecutive week of CFC trips TO school for every day you attend school.

NOTES

1. As Mr. Cruger announced to the students, the first two days of the school year are considered "Warm Up Laps," with official tracking for The Cruger Cup beginning on Thursday, August 21. Thus, you will not participate your purpose of achieving the Cruger Cup reward if you used your car to get to school on these two days. Simply write "Warm Up Laps" on the first two lines of the tracking chart.
2. If you do attend from school (such as being sick, simply write "Absence" on "NO" and you are that line of the tracking chart. Your streak will not be affected.
3. On days when big, bulky projects are due, do not be discouraged. Instead, try to carpool with other families in the same situation!
4. If you have been using CFC trips to get TO school, but find yourself that you must be picked up in a car at the end of school to head directly to some event, you are still qualify for The Cruger Cup. Remember The Cruger Cup is about consecutive CFC trips TO school.
5. Don't forget EVERY CFC trip, no matter which direction, or which day of the week, helps you get your streak forward in The Tour de French!
6. Turn in your tracking chart at the end of each month, and watch your streak grow!

Zero Cars in Parking Lot



Tour de French



4th grade teacher, Jay French, inspired his students, and the school, by riding his bike 17 miles each way on his daily commute. Kids tracked their commutes by bus, bike, scooter and foot.

Pedestrian School Bus Intro



Scoop Shuttle Schedule*

- * To be refined as necessary — feedback welcome.
- * Propose officially run on Wednesdays
- * More children and parents to help "steer" the bus are welcome and encouraged. Contact Vivian Kennedy: viviank@bcsd.com
- * Run informally any remaining days of the week

The Golden Shoe



Silly incentives like the Golden Shoe Award "keep kids on their toes."

Bear Creek's own version of March Madness was another fun example.

Pedestrian School Bus



Additional Events

- Bike Fair
- Bike Tune-Ups
- Healthy Snacks
- Water when hot and Hot Chocolate when cold
- Small incentives
- Morning Announcements

The Congressman surrounded by proud Bear Creek Representatives



Results

- In only a year and a half, we changed from approximately 25% of students regularly using a CFC option to get to school, to consistently getting 70% of students to get to school via bike, scooter, skateboard, unicycle, etc.
- A City of Boulder study conducted during the 2007-2008 school year showed a 36 percent reduction in cars and corresponding traffic congestion.
- Students accrued 4,800 miles from 6,600 Car-Free Commute trips in a single month!



Congressman Oberstar's Comment

"I am extremely proud of the Safe Routes to School program at Bear Creek Elementary," Oberstar said in a news release. "The students, parents, faculty, and staff have given us an outstanding example of how we can change the lifestyle habits of an entire generation. I heartily congratulate the Bear Creek community for its achievements and would like to see it become a model for Safe Routes to School programs across the country."

James L Oberstar Award



Lessons Learned

- Keep track and set goals
- Recognition > Rewards
- Make it possible for everyone to do it
- Make it into a habit
- Listen to the students
- Have fun!

Where are We Going Next?



Contact Information

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