



International Walk to School Day is October 7, 2015!



Join Valley View Elementary and schools all around the world celebrating International Walk to School Day! This day brings parents, children, and community member together to experience the fun of walking to school together!

What: International Walk to School Day

When: Wednesday, October 7, 2015 Before school

Who: Parents, guardians, family members, students, and members of the community

Why: Walking to school is a fun and easy way to be physically active. You also have the chance to win fun prizes like bracelets, shoelaces and much more!

For more information visit: walkbiketoschool.org and live54218.org



Safety First!



Here are ten quick tips to share with your kids:

- Always look both ways before crossing.
- Never run into the street without looking and always pay attention.
- Avoid taking roads that don't have sidewalks, or crossing busy streets that don't have cross walks.
- Walk in the opposite direction of traffic so you're facing the cars. This way you're more aware of the cars coming towards you.
- Never play in a street, parking lot or driveway.
- Take the safest route with the least amount of street crossings.
- Wear bright, reflective clothing during dawn, dusk or any low-light situations.
- Always follow traffic signals and signs- they aren't just for cars.
- Try to make eye contact with drivers when crossing the road. Just because you can see them, doesn't always mean they can see you.
- Always be aware of your surroundings.

Here are quick tips for drivers to enhance safety near schools:

- Slow down and be especially alert in residential neighborhoods and school zones.
- Be prepared to stop for school buses when the red overhead lights are flashing.
- Watch for children gathering or playing near school bus stops.
- Enter and exit driveways and alleys slowly and carefully.
- Watch for children on or near the road in the morning and after school hours.
- Remember that children may move in unpredictable ways.
- Reduce distractions inside your car so you can concentrate on the road and your surroundings.
- Never leave a child alone in a vehicle.