

The City of San Jose presents
WALK N' ROLL TO SCHOOL DAY
at Guadalupe Elementary
WEDNESDAY, OCTOBER 4, 2023!



WHY WALK N' ROLL?

The Walk n' Roll to School program is designed to increase the number of kids who walk and bike to school. Guadalupe would like to be part of the Safe Routes to Schools City Program.

WHAT ARE THE BENEFITS?

- **Physical health:** The [CDC recommends](#) that children ages six to 17 get at least an hour of physical activity daily.
- **Academic performance:** [Math and reading skills](#) have shown to be the most improved academic skills for children who get regular exercise.
- **Mental health:** The American Psychological Association (APA) found that [children who get daily exercise have lower levels of stress and depression.](#)
- **Sense of community:** You could wave to neighbors, stop for a quick chat, and see your neighborhood in a way that you might not notice while driving.
- **Air quality:** If you commit to walking to and from school for the entire school year, you can save almost 200 pounds of carbon dioxide emissions. Imagine how much better our air would be if thousands of students followed this example!

If your child is choosing to PARTICIPATE, please read over the following logistics:

1. CHECK IN BIKES OR SCOOTERS AND HELMETS FROM 8:00-8:15 A.M. If you arrive earlier, your child is welcome to sign up to do [Mileage Club](#).
2. All bikes (or scooters) should travel onto campus through the staff parking lot gate (smaller lot near the corner of Vera Cruz and Monteverde). Leave the bike next to the grade level your child is in. Please label your child's wheels and helmet before arriving at school. The school also has bike racks if you feel more comfortable with it being locked. The gate will be locked once school starts.
3. ALL wheels must be "walked" on any sidewalks around campus and through all crosswalks.
4. There will be **NO LOADING OR UNLOADING OF WHEELS in the valet line** and all parents must park if the bike is being loaded and unloaded.
5. **The bike racks are available if parents want to drop off the bikes earlier than 8:00 A.M. and return later to get the bikes. We recommend a bike lock that the child is able to use if you leave it at a bike rack.** The school is not responsible or liable for the wheels or helmets.
6. **The school will only be helping "store" the bikes from 8:15-1:15** unless a child locks the wheels up before and after school. Please lock the wheels up if your child is staying for after school activities or GEC.
7. **NO electric scooters and NO electric bikes allowed.**
8. Come join your friends by walking, biking, or rolling to school. **Once you arrive, head on over to the cafeteria area to sign the poster to show that you participated in the event. Each child will be given a prize in the classroom.**
9. This will be inclusive and we understand that not all kids can participate in this event. Every child is welcome to sign his or her name as they enter.
10. Is your schedule really tight and biking is a stretch? We do encourage our community to take a deeper breath on Wednesday and see what it is like to park away from the congested valet path and walk onto campus. This will allow more space for the kids on wheels and on foot to reach school with less traffic.
11. Please double check and make sure you are **NOT parked in the bike lane** along Coleman Ave. We also encourage you to not park super close to crosswalks or stop signs because it makes it hard for the other drivers to see the kids in their line of vision until they approach. The bike lanes and crosswalks are used by kids and neighbors in the entire community. [Let's take this day to make our school community extra safe!](#)