**SRTS Policies/Elements to be considered for inclusion in School/District Wellness Plans**

**For the preamble:**

* Whereas, the number of children walking and bicycling to school has significantly declined in the last generation, leading to increased traffic congestion and pollution and putting the health & safety of our children and our environment at risk.
* Whereas the dangers children face on their trip to/from school each day can be mitigated by educating children and parents about safe walking, bicycling, and driver-awareness practices.

**General policies regarding providing a school environment that will promote and protect students’ health, well-being and ability to learn:**

* All students in grades K-8 will be provided with opportunities, support, education, and encouragement on how to safely walk and/or bicycle to school.
* Schools will provide nutrition education and physical education to foster lifelong habits of health eating and physical activity, **including safe pedestrian and bicycling habits**, and will establish linkages between health education, **environmental education**, and school meal programs, and with related community services.

**For Integrating Physical Activity into the classroom setting:**

* Teachers shall be provided with resources to integrate safe pedestrian & bicycling education into the curriculum, as well as the benefits of walking, bicycling and alternative transportation to health & the environment, at all grade levels.
* Through the curriculum and activities provided through the Safe Routes to School Program--Walk and Roll to school day, bike rodeo, pedestrian and bike safety assemblies/lessons, Walking School Bus—students will learn about and be encouraged to participate in regular exercise that is healthful and ecologically sound.

**For Physical Activity Opportunities and Physical Education:**

* Classroom physical education and/or health education will provide students with knowledge of safe walking & bicycling practices and an understanding of the benefits of walking & bicycling to their health & the health of the environment, in order to establish and encourage life-long healthy transportation behavior.

**

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