

# Greetings from San Mateo County Office of Education Safe Routes to School.

While we are all experiencing disruption in our lives from the COVID-19 pandemic, SMCOE SRTS wanted to support families in continuing to practice safe bicycling and walking during this time. This newsletter shares resources for accessing school meal pick-up, educational materials for your family to use while you shelter in place, and ideas for getting outside by foot or by bicycle. Much of this information is also available in SMCOE's "Walk and Bike with Your Family while Social Distancing" Tip Sheet — print a copy for your fridge to help you remember to get outside. Stay safe and healthy, and we'll see you when we're back in school.

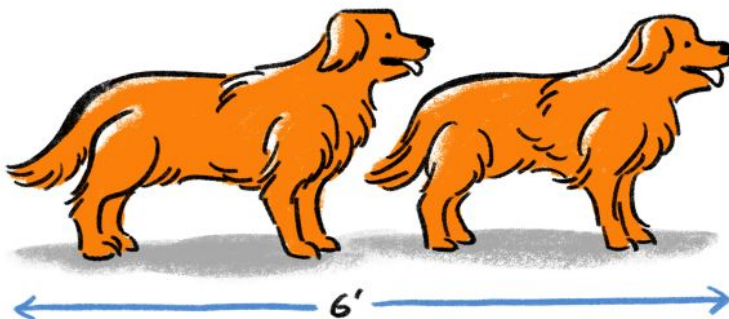
## The County of San Mateo Public Health Department Says You Can Still Walk and Bike Outside

The County of San Mateo Public Health has been releasing periodic updates on how to keep your family safe and help guard against the spread of COVID-19. They recommend that families engage in outdoor recreation and exercise, but try to stay within their immediate neighborhood. Stay up to date with information, including steps your family can take to prevent illness: <https://www.smchealth.org/coronavirus>

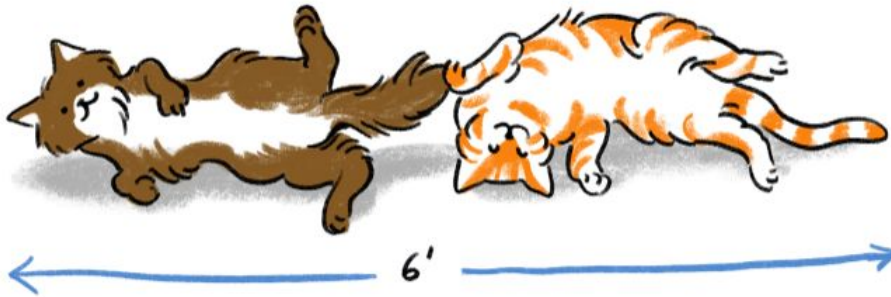
## Use These Tips to Stay Six Feet Apart When Outside

Six feet can be hard to visualize! To help your kids (and yourself) get a sense of the distance, use common items such as your pets or beds to visualize six feet (Source: [CNN](#)). What else can your family come up with that measures six feet?

**Two golden retrievers**, which average 37 to 42 inches long, are about 6 feet when standing nose to tail:



Two adult cats, about 35 inches long from head to the tip of their tail, can be about 6 feet long:



A full- or twin-size bed is about 6.2 feet from top to bottom:



### Find Your Nearest School Meal Pickup Location

Many schools in San Mateo County are offering school meal pickups for lunch and/or breakfast. [Visit this interactive Google Map](#) to find schools near you that are offering meal pickups. The map includes information such as what time the school is open for meal pickup; whether you can drop-in for meals or need to contact the school in advance; and any necessary ID your child will need to pick up the meal.

### Practice Your Walking or Bicycling Route to School

With fewer cars on the road, now is a great time to practice your walking or biking route to school. Use [Google Maps](#) with the bicycling view turned on (Menu > Bicycling) to plan your route. Take care to exercise proper social distancing and while the streets may seem empty, be sure to be aware of speeding drivers, as we have seen an increase in speeds during this time. The [San Mateo County's Walk + Roll to School Guide](#) includes tips for planning your route, along with safety reminders for walking and bicycling.

## Remember The Basics of Safe Walking and Bicycling

### Following Walking Rules

- Always stop at the curbs edge
- Look left, right, and behind before crossing at corners
- Follow traffic signals
- Always stop at the curbs edge
- Use (preferably wide, less popular) paths and sidewalks, where provided

### Following Biking Rules

- Wear a helmet
- Ride on the right side with traffic
- Stop at stop signs and look left, right, and behind
- Use proper hand signals when turning

### Walk and Bike Predictably

- Walk, don't run, across the street
- For biking/scootering, don't swerve in and out of parked cars
- Watch for drivers turning or pulling out of driveways
- Make eye contact with drivers at intersections

### Stay Aware

- Pay attention! Don't text or talk on cell phones while walking or riding
- Don't listen to music with headphones while walking or riding
- If you choose to cross residential streets mid-block to avoid others walking on the sidewalk, be sure to use caution and look left, right, left, and behind you.

Practice these skills with a walk around your neighborhood, perhaps going on a [teddy bear hunt](#) or hunting for one of the weekly "theme" items in the [Walk 'n Rollers #2020WalkChallenge](#) (for the week of Monday, April 6 the theme is "rock'n rocks"). *What else can you find in your neighborhood while walking safely?*

## Use Fun Online Resources To Learn More About Safe Walking and Bicycling Habits

There are lots of great resources to talk about safe walking and bicycling habits with your child. Use the following online resources to start a conversation about walking and biking safety, or practice your skills in your neighborhood.

### Videos & Music

The Federal Highway Administration's [Pedestrian Safer Journey](#) and [Bicycle Safer Journey](#) offer videos, quizzes, and additional resources about safe walking and bicycling. Videos are five to seven minutes long and include a quiz to take at the end. *Disponible en español.*

Oregon Safe Routes to School has created multiple short educational videos about taking the bus and bicycling. A few recommended videos include doing the [ABC Quick Check](#) to prepare your bicycle for riding, [Helmet Fitting 101](#), and [How to Fix a Flat Tire](#). Check out their website for [more videos](#), including bicycle drills you can do in a parking lot.

Prefer to listen to your safety tips? Learn the words to these catchy [Big Tadoo Puppet Crew biking and walking songs](#), then sing along!

#### *Worksheets & Learn-At-Home Curricula*

In addition to the #2020WalkChallenge, Walk 'n Rollers has posted coloring pages, activity pages, and contests for families on their [Kids Zone page](#). You can also find directions on how to draw a bicycle, and more!

More safety-oriented worksheets can be found courtesy of King County Metro (Seattle area). The [King County SchoolPool Worksheets](#) have fun safety tip word scrambles and quizzes around fitting a helmet and testing your bike.

For families looking to do more learning at home, existing school curricula can be adapted for use at home. The [California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5](#) includes nine lessons covering the health benefits of active transportation, rules of the road, safety and more. For a shorter curriculum, the University of Miami's [WalkSafe program](#) offers three-day modules for grades K-5.

### **Let Us Know Your Ideas for Walking and Biking**

Whether you take one of our suggestions or try something of your own, let us know on social media. You can find SMCOE on [Instagram](#), [Twitter](#), and [Facebook](#).