



P.O. Box 2009 • 1601 East Hazelton Ave. • Stockton, CA 95201-2009
 phone (209) 468.3411 • fax (209) 468.3823 • www.sjcphs.org

FOR IMMEDIATE RELEASE

Release #2015-04 NR
 CONTACT for this Release:
 Krista Dommer
 Office Phone: (209) 468-3571
 Email: kdommer@sjcphs.org

Alvaro Garza, MD, MPH
 Public Health Officer

JOIN THE “WALK AND ROLL TO SCHOOL” EVENTS SCHEDULED FOR MAY

Groups will be walking or rolling to school with a purpose – to promote health, safety, physical activity and concern for the environment

STOCKTON, CA (May 4, 2015) – May 6th is “National Bike to School Day.” In celebration of this, students from four Stockton elementary schools will be walking or rolling to school along with parents, teachers, friends, families and community leaders during special events scheduled for each school. Everyone in the community is encouraged to step up, get on board, and “join the movement” at these participating schools:

Elementary School	Date	Start Time	Starting Location	Arrive at School
Rio Calaveras	Wednesday, May 6	8:12 am	Arnold Rue Community Center	8:40 am
Fremont	Thursday, May 7	7:23 am	Fremont & “E” Streets	7:40 am
Wilson	Friday, May 8	7:10 am	Arcade & California Streets	7:30 am
King	Friday, May 15	6:40 am	Main & Lafayette Streets	7:10 am

WALK and ROLL to SCHOOL events raise awareness of the need to create safer routes for children who bicycle, walk and roll to school. These events also emphasize the importance of other issues such as increasing physical activity among children, teaching pedestrian safety skills, protecting the environment, reducing traffic congestion, and building connections between families, schools and the community. The goal is to have the children be more physically active, arrive safely at school, in time for a healthy school breakfast, and be ready to learn.

Today, fewer children walk to school and more children are at risk of becoming overweight. Changing the behavior of children and adults requires creative solutions and people willing to be “champions for change” in their communities. Walking regularly can be especially challenging for working parents, those with children at multiple schools, and parents with mobility issues. Group trips to school can be made a lot easier when local parents, relatives, and community members take turns sharing responsibilities. Implementing a “Walking School Bus” or “Bike Train” (i.e., when groups of children walk or ride to school together accompanied by adult volunteers) can be a safe, fun, and healthy solution for children and adults.

The events are being organized by the San Joaquin County Public Health Services Nutrition Education and Obesity Prevention (NEOP) program staff in collaboration with the schools. These energizing events remind everyone of the simple joys of walking, riding and rolling safely to school with family and friends. Upon arrival at their school, students will receive the school breakfast along with a presentation by NEOP staff about making healthier nutrition and physical activity choices. For additional event information, please contact Ingrid Glenn at 209-468-3868. Maps of the routes to each school can be found by visiting San Joaquin County Public Health Services website at www.sjcphs.org.

###