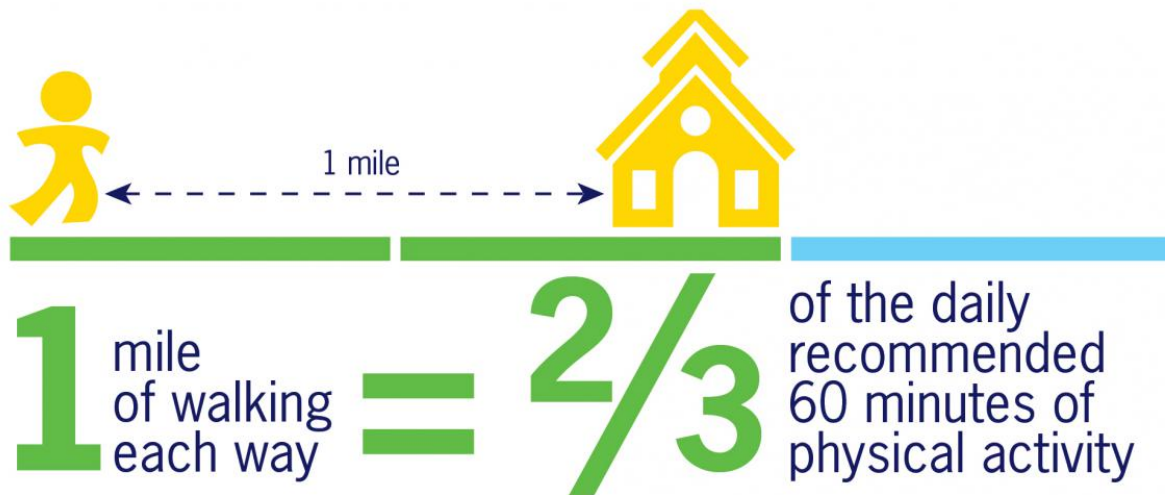


**Safe Routes to School Web Content  
Cheltenham Elementary School**

Walking is one of the simplest, most effective, and most affordable strategies for kids and adults to build physical activity into their lives. One mile of walking translates to 2/3 of the recommended 60 minutes of physical activity each day.

The benefits of walking extend beyond health. Studies show that there are links between [physical activity and academic achievement](#), proving that active kids do better.



Safe Routes to School aims to create safe, convenient, and fun opportunities for children to walk to and from schools. The goal is to reverse the decline in children walking to schools, increase kids' safety and reverse the alarming nationwide trend toward childhood obesity and inactivity.

For more information visit, <http://saferoutespartnership.org/healthy-communities/101/about>

Cheltenham Elementary School has formed its own Safe Routes to School committee to promote walking. We kicked off our campaign in October 2015 with International Walk to School Day.



Our kids also received pedestrian safety lessons from Otto the Auto from AAA and Ms. Pat from the Montgomery County Health Department.

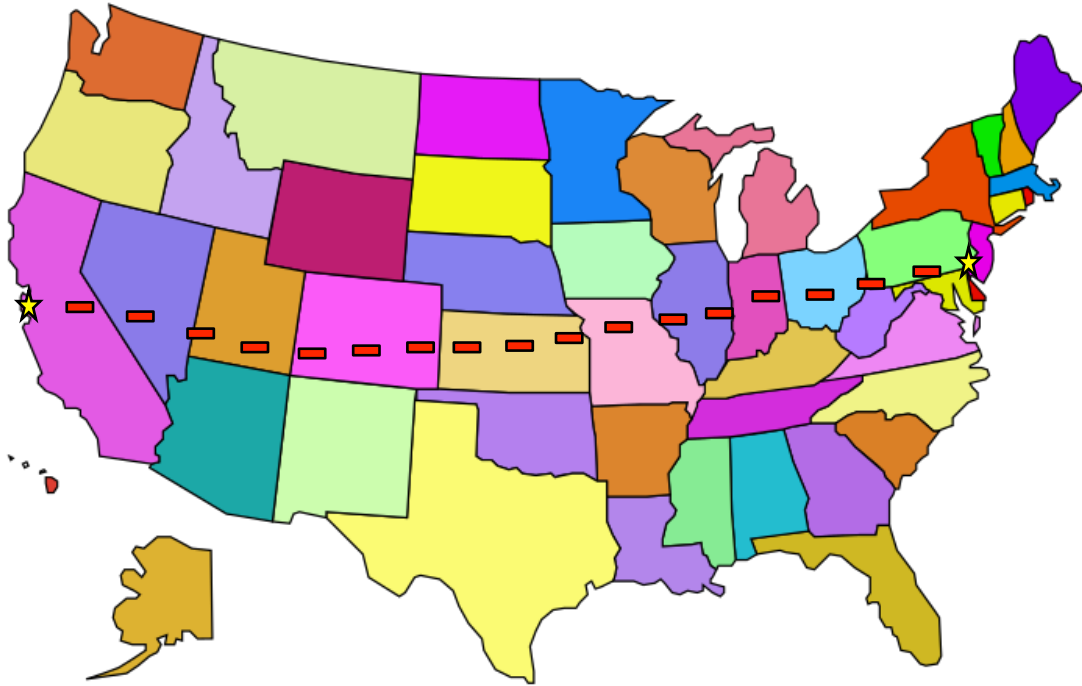


We've continued to encourage walking by encouraging students to participate in a post card design contests. Five winners have been selected! (waiting for file from Anne)

Our committee has a strong partnership with the Cheltenham Township Police Department and we are working on a speed reduction plan around our school. We are also looking at improving the built environment around the school with the Montgomery County Planning Commission to make it safer for our kids to walk to school.



Our committee has a great initiative planned for the entire school starting in the spring! Cheltenham Walks! will be a four week walking challenge using pedometers donated by the Cheltenham PTO. We will track our school's progress as we walk to the Golden Gate Bridge!



If you are interested in joining the Cheltenham Elementary School's Safe Routes to School Committee, contact Katie Kucz: [kkucz@montcopa.org](mailto:kkucz@montcopa.org).

Save the Date: International Walk to School Day - Wednesday, October 5<sup>th</sup>