



Heading to Lane School, Spring, 2014 – Image © JMcCT, 2014, all rights reserved

WEDNESDAY, MAY 4: MASSACHUSETTS WALK/BIKE TO SCHOOL DAY!

Families who wish to participate can check out their school newsletter or the Facebook page “Healthy Bedford” for details on how they can get involved. Although the walking and biking events are fun and meaningful, it is important to emphasize that one of the primary goals of our partnership with the Safe Routes to School (SRTS) program is to increase student’s physical activity and reduce vehicular traffic around the schools on a regular basis. For many families, walking and/or biking can be an option on non-event days as well.

In 2009, Bedford partnered with Safe Routes to School to help improve the quality of life for our residents and the initiative has received broad support across our community. Teachers and principals would like children to walk to school so that they arrive alert and ready to learn. School and law enforcement officials would like to reduce the congestion and safety risks posed by so many cars dropping off and picking up children at our schools each day. Public health officials want to reverse the alarming trends of childhood obesity and growing numbers of students not meeting minimum fitness standards. Walking and bicycling to and from school are ways to not only address these issues but also to nurture our children’s independence and to increase their “traveler skills set,” all while helping to establish healthy lifetime habits.

Another exciting outcome from our partnership with SRTS is the Massachusetts Department of Transportation recently notified the Town of Bedford that we have been approved for funding for improvements to pedestrian and bicycle access to the John Glenn Middle School from Great Road via the Bedford High School lot. Currently we are in the design stage of the project. Information on the project can be found by [clicking this link in The Bedford Citizen](#) or check the DPW webpage as the project moves forward.

For more information on Safe Routes to School see: <http://www.commute.com/safe-routes-to-school/about> or <http://www.bedfordma.gov/healthy-bedford/pages/safe-routes-to-school> or contact Carla Olson: healthybedford@bedfordma.gov