

Teachers Go To School

Now that the weather is again turning warm, there is one less reason to take the car for that trip to school or to soccer practice. Kids are kids and they already know this; parents and adults sometimes need a reminder.

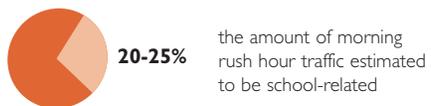
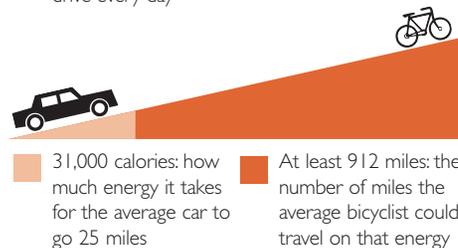
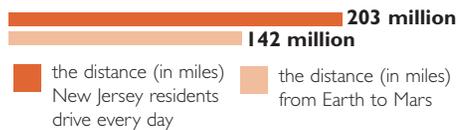
One Monday afternoon in February the teachers from Duffy Elementary School and MacKinnon Middle School all gathered in the school cafeteria to hear about Safe Routes to School. Mark Plotz of the National Center for Bicycling & Walking presented a number of sample lesson plans and talked about ways to work into the classroom the message of walking, bicycling, and physical activity.

There are lots of reasons to walk: it is fun, you can walk with your friends, and it makes you feel good. But there are practical reasons as well: it is free, it doesn't pollute, and it is good physical activity.

Wharton Borough Safe Routes to School ²



Transportation Fast Fact



Try This at Home

Have you ever wondered what is in the air we breathe? Here is an activity that can answer that question. The experiment can be performed in a day, and costs little or nothing to carry out.

Materials: Two wood blocks (2 inches square), two plastic squares, a few rubber bands or pieces of tape, and petroleum jelly.

- 1) Fasten the pieces of plastic to the tops of the wood blocks. Use tape or rubber bands.
- 2) Spread a thin coat of petroleum jelly on the plastic.
- 3) Leave the blocks outside for at least 24 hours.

- 4) Collect the blocks and notice the results.
- 5) Experiment with different locations: a park, near a busy road, your backyard.

One type of air pollution is particle pollution. After a day outside you may notice tiny specks have been collected by the wood blocks. These are particulates.

For more on air pollution and its many causes see:
www.smogcity2.org



Spotlight on the World Wide Web

www.climatecrisis.net

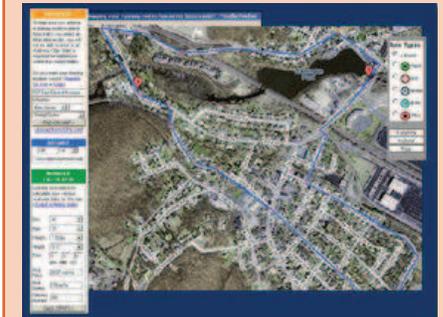


Have you seen An Inconvenient Truth? This website is the companion to the documentary film. Take a look at the carbon

calculator and use it to find out your family's carbon footprint. Ideas are offered on way to lower that footprint.

www.mapmyrun.com

The website uses Google maps to help you calculate the distance of your walk or run. It also works for bike rides. More than 80% of all car trips are 1 mile or less. How many destinations can you get to from your house that are only a mile away? How many calories did you burn by walking? How many calories did you save by not driving?



Got something to say, email Deena Cybulski at:
dcybulski@co.morris.nj.us

Consultant Team: **RBA**

National Center for Bicycling and Walking, Eng-Wong, Taub & Associates, AmerCom Corp., Vertices, and Steve Spindler Cartography

More information about Safe Routes to School initiatives in NJ and elsewhere can be found at:
www.bikemap.com/srts • <http://safety.fhwa.dot.gov/saferoutes> • <http://www.cdc.gov/hccdp/hdnpa/kidwalk>

