

2023



Walk and Roll to a better year

# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## Safety Tips for Walking and Biking



### Use the Crosswalk

Always cross at corners or at a marked crosswalk. This is where drivers expect to see you.

### Look and Listen before You Cross

Look left, right, and left again before crossing a street or driveway. Look over your shoulder for turning cars. Listen for oncoming cars that may be behind a parked car, tree, or other obstacle.

### Make Eye Contact

Don't assume that people driving see you. Make eye contact with people driving before leaving the curb or edge of the street.

### Be Visible

Wear bright colored clothing or reflective gear. Bright colors are more visible during the day and light colors are more visible in the evening and night. Carry a flashlight to be sure you're seen. Be aware of seasonal time changes.

### Use Sidewalks when Available

Walk facing oncoming traffic if there is no sidewalk so you can see what is coming toward you.

### Follow the Rules

Follow directions from crossing guards and pay attention to traffic signs and signals.

### Be Predictable

Obey all stop signs, traffic signals, and guidance from crossing guards. Never ride against traffic. Use hand signals to tell other road users where you're going. Decide as a family or group whether to ride on the street or sidewalk.

### Be Alert

Watch out for people driving turning left or right, or coming out of driveways. Avoid car doors opening in front of you and yield to pedestrians. Don't wear headphones or use a cell phone while biking.

### Wear Your Helmet

Make sure that it fits properly: snug and level on your head, just above your eyebrows.

### Be Visible

Wear bright colored clothing or reflective gear. Bright colors are more visible during the day and light colors are more visible in the evening and night. Use a front bike light and rear reflector to be sure you're seen.

### Make Eye Contact

Make sure drivers see you, especially at intersections and driveways.

### Lock Your Bicycle

When you get to school, lock your bike to a bike rack on school grounds. Lock both your front wheel and the bike frame to the rack.



# February



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	WINTER WALK AND ROLL DAY 8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				



BUNDLE UP AND JOIN US FOR WINTER WALK AND ROLL TO SCHOOL DAY  
FEBRUARY 8TH



# March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



NEIGHBORHOOD SAFETY CONTEST  
 WINNER ELLE  
 GREENWOOD ELEMENTARY



# April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



## Celebrate Earth Month

Featuring Strider & Viv!

**WALK + ROLL**  
OREGON SAFE ROUTES TO SCHOOL

CELEBRATE EARTH MONTH BY WALKING OR ROLLING TO SCHOOL.



# May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	WALK AND ROLL TO SCHOOL DAY <sup>3</sup>	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



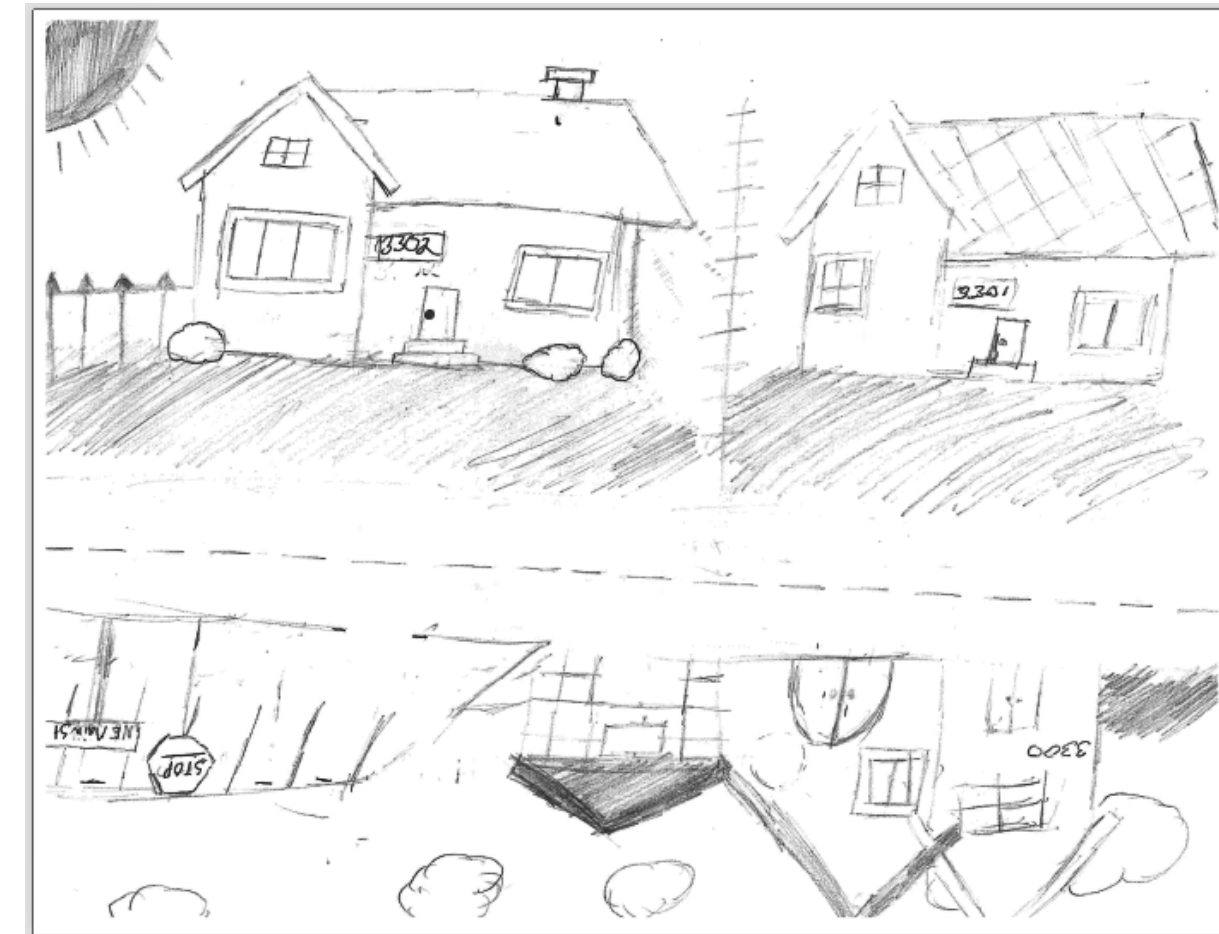
WALK AND ROLL TO SCHOOL DAY IS MAY 3.  
 WALK OR ROLL YOUR WAY TO SCHOOL AND  
 HELP US CELEBRATE





# June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



NEIGHBORHOOD SAFETY CALENDAR CONTEST  
WINNER LYRIC GREENWOOD ELEMENTARY

# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



TAKE A WALK, A HIKE, A BIKE RIDE AND ENJOY  
THE SUN



# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Bike Safety Tips for Kids



REMEMBER YOUR BICYCLE SAFETY WHILE ENJOYING SUMMER FUN

# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



**WALKING  
SCHOOL BUS**

GATHER A GROUP OF FRIENDS AND ASK AN ADULT TO WALK WITH YOU TO FORM YOUR OWN WALKING SCHOOL BUS



# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	WALK AND ROLL TO SCHOOL DAY 4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



JOIN STUDENTS AROUND THE WORLD ,  
WALK OR ROLL TO SCHOOL ON OCTOBER  
4TH

# November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

RUBY BRIDGES WALK TO SCHOOL DAY

**WALK**  
to SCHOOL DAY

FOR MORE INFORMATION GO TO  
[OREGONSAFEROUTES.ORG](http://OREGONSAFEROUTES.ORG)





# December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



1. Keep your knees relaxed
2. Point your toes out
3. Take short steps
4. Walk slowly

When it gets icy and cold:  
Always keep your hands free and outside of your pockets.

IT'S COLD OUTSIDE, DON'T LET THAT STOP YOU FROM WALKING LIKE A PENGUIN.