



Hunterdon County
Safe Routes to School

Safe Routes to School Programming 2020-2021

A Note about the 2020-2021 School Year

goHunterdon understands that the 2020-2021 school year is presenting unique challenges to teachers, students, parents, and guardians.

goHunterdon will continue to offer a Pedestrian and Bicycle education program that focuses on interactive lessons to engage students in grades K-8. Our goal is to increase the number of students walking and bicycling.

The Hunterdon County Safe Routes to School Program will be available for remote learning as well as for “outdoor” learning.

Programing will be available via:

- Live video conferencing
- Pre-recorded video lessons
- Outdoor classes*
- “Lessons in a Box” for teacher use
- Adaptations of lessons for “at home learning”

**goHunterdon staff will wear masks and maintain social distance from students and teachers.*



We know that there is much uncertainty as to what this school year looks and feels like. Please know that goHunterdon remains dedicated to sharing our pedestrian and bicycle programming with students and responding to your particular needs.

We invite you to reach out to Ryan Fisher, Safety Programs Coordinator, rfisher@gohunterdon.org, to discuss how we can best assist your school this year.

Lesson Key:



****Indicates programs available *virtually*****



****Indicates programs that are done *outside*****

NOTE: Photos contained in this document are from prior school year presentations and do not reflect the mask wearing, social distancing, or “outdoor” delivery required for the 2020-2021 school year.

Safety Storytime Series

Grades K-2

Overview

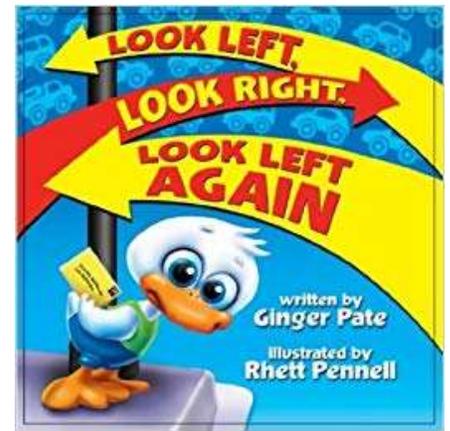
Students will be read a short book about being a safe pedestrian, followed interactive learning.

Look Left, Look Right, Look Left Again – Grades K-2



Wally Waddlewater the duck wants to cross the street to visit his grandmother, but he can never remember what to do. Mama Waddlewater takes Wally on a walk around town to help him get the hang of it. Eventually Wally gets the hang of looking out for cars and other road users and crosses the street all by himself!

Following the reading of the book, students will “practice” crossing the street safely on a mock crosswalk.



Learning Objectives

- Learn to cross the street safely by looking left, right, and left again before crossing

Mr. Rhino Comes to Town Grades K-4

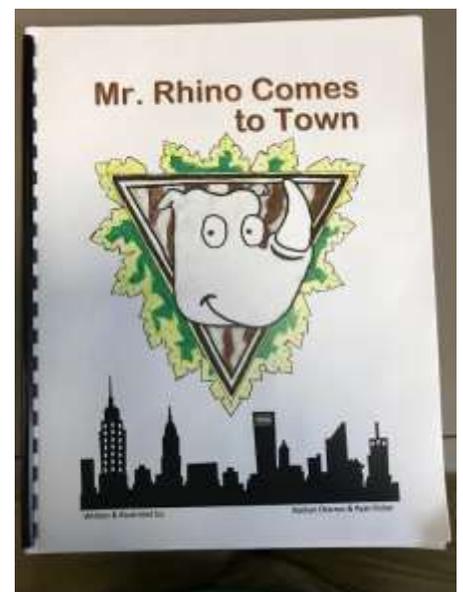


This storybook complements and reinforces the messages of Street Smart NJ pedestrian safety campaigns.

<https://www.gohunterdon.org/bike-ped-programs/street-smart-nj/overview>

The story focuses on Mr. Rhino, who moves to town from the country. For the first time, he encounters the need to use crosswalks, wait for the walk, and avoid distractions while walking. Following the reading of the book, a discussion about the Street Smart NJ campaign being conducted in their community is conducted.

Street Smart NJ campaigns can also provide for inter-generational discussion about pedestrian safety when students share their experience of a SRTS presentation at home.



Learning Objectives

- Create a pedestrian safety pledge
- Explain what it means to be “Street Smart”

Lessons in a Box



Overview

goHunterdon brings fun and exciting lessons right to the student's door step with our lesson in a box concept. All needed materials can be found easily around the student's home!

Each lesson reinforces bicycle/pedestrian safety concepts in a highly interactive and fun way!



Lesson in a Box: My Own Bike Rodeo



Grade(s): K-8

Bicycle Rodeos teach students how to perform a pre-ride "ABC Quick Check", control their bicycles, and learn about the rules of the road while having fun!

Learning Objectives

Students will be able to:

- Participate in their very own bicycle rodeo.
- Describe the importance of wearing a helmet and following safety rules when riding a bicycle
- Conduct a helmet experiment.



Lesson in a Box: Learning the Parts of a Bicycle

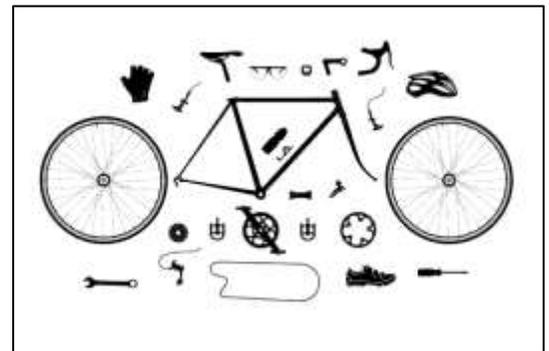


Grade(s): K-8

Knowing the parts of a bicycle help students to understand how the bicycle works, how to keep it maintained, and safe to ride.

Learning Objectives

- Students will be able to:
- Define the parts of a bicycle
- Understand why each bicycle part is important
- Quiz friends and family members



Lesson in a Box: Red Hand, Walking Man Game

Grade(s): K-4

Learn the appropriate times to cross the street while playing "Red Hand, Walking Man" (similar to "Red Light, Green Light"). Print out the flashcards provided or create your own flashcards (color, paint, etc.)

Learning Objectives

Students will be able to:

- Understand the importance of traffic signals
- Explain when it is safe to cross the street
- Discover how many traffic signals are in their community

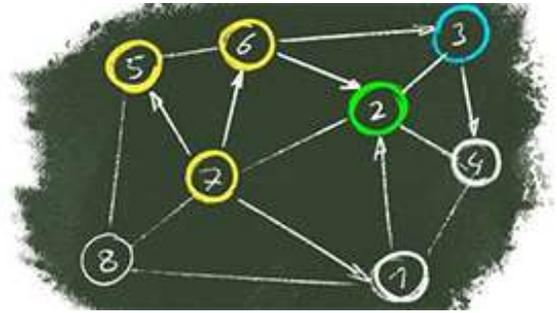


Lesson in a Box: Calculating the Closet Route

Grade(s): 3-8

Overview

Students will use a math based worksheet from the National Highway Traffic Safety Administration to add the miles along several bicycle routes, answer the questions and find out which is the shortest route to the ice cream parlor!



Learning Objectives

Students will be able to:

- Discover what bicycle routes are close by
- Learn about the importance of mapping a route
- Apply math in a practical way

Lesson in a Box: Helmet Experiment

Overview

Students will conduct an experiment to learn the importance of wearing a helmet to protect their brain.

Learning Objectives

Students will be able to:

- Describe how a bicycle helmet prevents serious head injuries.
- Summarize data about accidents and traumatic brain injuries.
- Explain the most important reasons to wear a helmet



Lesson in a Box: Be Visible



Overview

Being visible is an important part of being a safe pedestrian! Students will watch a short video. Then, they will create and decorate a reflective vest using a yellow highlighter to indicate the reflective strips.

Option: Students can go outside at night with a flashlight to shine light onto surfaces that may have a reflector, reflective tape or lettering. (street signs, mailbox numbers, stop for pedestrian signs, etc.)

Learning Objectives

- Explain the importance of being visible to motorists while walking or bicycling to increase safety
- Explain various ways to become more visible; Understand reflectivity



Brain Breaks

Grade(s): K-6



Overview

goHunterdon's brain breaks provide a short mental break during classroom instruction by engaging students in 5 minutes of interactive physical activity.

Brain Breaks are available as pre-recorded videos or live videoconference. The breaks below are just a sampling. Additional, customized breaks can be developed upon request.

Learning Objectives

- Allow students to refocus/reengage
- Incorporate Bike/Ped Safety each day
- Engage students in physical activity

Brain Break: Superhero Senses

Grade(s): K-4

The "Superhero Senses" activity empowers students to recall their own experiences when walking or crossing the street. Students next describe their experiences to the class and goHunterdon staff.

Learning Objectives

- Understand the importance of crossing at a crosswalk
- Explain how to be a safer pedestrian/cyclist
- Practice looking before crossing the street

Brain Break: How I Get to School

Grade(s): K-4

Students are asked to describe how they got to school and how they would like to get to school. Students provide examples that support their decisions.

Learning Objectives

- Define the term "Pedestrian" and "Cyclist"
- Learn how their mode of transportation effects the environment
- Develop a plan to turning "how they got to school" into "how they would like to get to school".

Brain Breaks



Name _____ Date _____

Superhero Senses

We can use our senses to help us be safe around traffic.
Think back to a time you had to cross the street...

What did it **LOOK** like?

What did it **FEEL** like?

What did it **SMELL** like?

What did it **TASTE** like?



Student Orientation

Grade(s): K-8



Overview

Get the school year off to a safe start! goHunterdon staff is available to provide student safety orientation at the start of each school year to reinforce your school's policies for students walking and bicycling to school and to share additional safety tips.

This school year, goHunterdon is creating customized pedestrian and bicycle safety tip videos throughout the school year.



Please reach out if you are interested in addressing a specific safety topic at your school!

Videos may also be created to address any pedestrian or bicycle safety issues that are identified during the school year.

Learning Objectives

- Understand the importance of utilizing their school crossing guard.
- Explain the many benefits that come from walking and bicycling to school.
- Discover safety tips for walking/bicycling throughout the year.

“Jeopardy” Classroom Game/Education

Grade(s): 5-8



Overview

This is an interactive, "Jeopardy" style game that provides an opportunity to communicate safety information in a fun format. Categories include "2 Feet" (pedestrian safety), "Ouch" (dangers of injury), "Distractions", "2 Wheels" (bicycle safety), and "Healthful Habits" (benefits of bicycling and walking). Students compete against each other in two teams, taking turns selecting categories and answering questions.

Learning Objectives

Students will be able to:

- Describe how motorists, pedestrian, and bicyclists share the road.
- Understand the benefits of wearing a properly fit helmet.

Be Safe, Be Seen	Two Feet	Two Wheels	Distractions	Helmet Facts	What's Wrong?
<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>
<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>
<u>60</u>	<u>60</u>	<u>60</u>	<u>60</u>	<u>60</u>	<u>60</u>
<u>80</u>	<u>80</u>	<u>80</u>	<u>80</u>	<u>80</u>	<u>80</u>
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>

Distracted Walking "Look UP"

Grade(s): 6-8



Overview

This lesson engages middle school students to learn of the dangers of distracted walking. In a virtual or outdoor setting, students watch a series of video clips of distracted pedestrians.



Following the videos, in an open discussion format, students will talk about their own behaviors, what they witness in their school/community and offer suggestions on how to change the trend of increased distraction.

Learning Objectives

Students will be able to:

- Define distracted walking.
- Explain the dangers of distracted walking.
- Pledge to keep their "Heads Up, and Phone Down".

“Smasher”



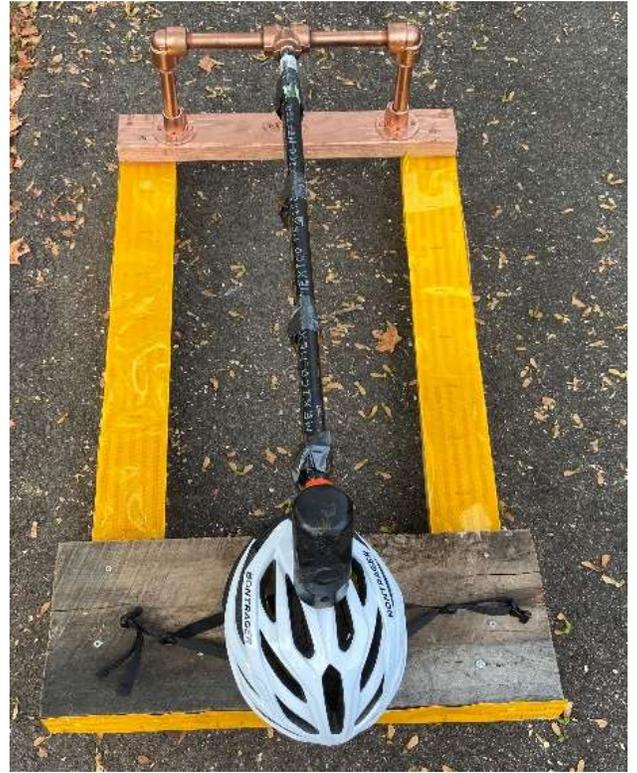
Overview:

Back by popular demand, goHunterdon's “Smasher” provides students with a lasting impression of the importance of wearing a properly fitted bicycle helmet. The Smasher presentation is available as a pre-recorded video.

Learning Objectives

Students will be able to:

- Explain three (3) ways to make sure their helmet is fit correctly
- Describe the importance of wearing a helmet when riding a bicycle



Helmet Hypothesis: Protect Your Melon



Grade(s): 2-6



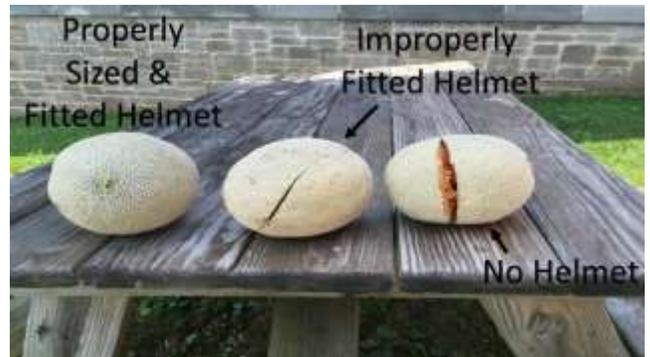
Overview

This outdoor presentation emphasizes the importance of helmet use when riding a bicycle, scooter, skateboard, or any device where wheels are at the student's feet. Students take part in determining which of the 5 test helmet subjects will best protect the melons that are dropped from atop a ladder.

Learning Objectives

Students will be able to:

- Explain why wearing a helmet that fits properly is important.
- Define the three (3) ways to ensure that a helmet is fit correctly.
- Understand that when there are wheels at your feet a helmet should be on your head.



Building a Better Way to School

Grade(s): 3-8



Overview

Students will learn the importance of infrastructure to address the needs of pedestrians and bicyclists.

goHunterdon staff will demonstrate several walk and bike scenarios. Students will be asked what about the behaviors is safe/unsafe.

Students will then have the opportunity to identify solutions/improvements to a model road, sidewalk, and crosswalk.

Once the proper infrastructure is in place (sidewalks, crosswalks, etc), the students will have the opportunity to model correct pedestrian behaviors when walking or bicycling.

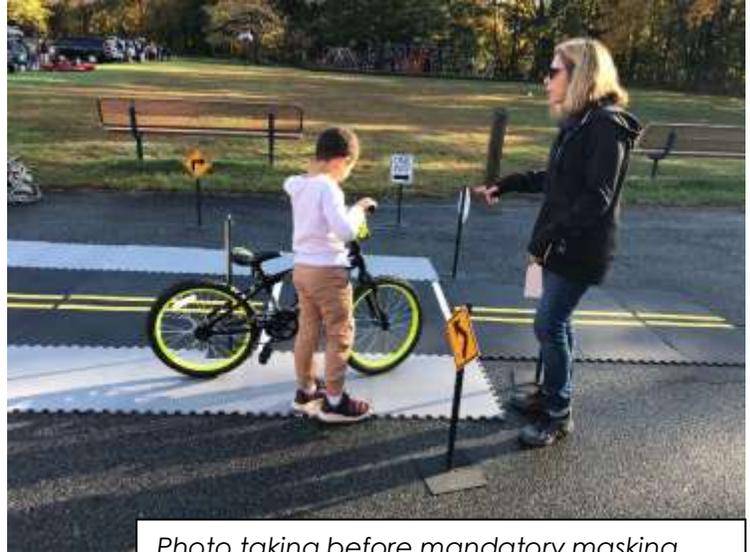


Photo taking before mandatory masking

Situations include midblock crossings, crossing between cars, activating the pedestrian push button, walking in a large group, walking further to get to the crosswalk and many more. We use traffic signs, traffic lights and other props to make it look as close to an actual town as possible.

Learning Objectives

Students will be able to:

- Create pedestrian and bicyclist infrastructure solutions
- Identify areas of strengths and weaknesses in their walkable community
- Model safe pedestrian behaviors while crossing the road
- Define traffic signs that they may encounter on the way to and from school

Pedestrian Program “Graduation”

Grade(s): 4-6



Overview

For schools/classes that have participated in K-6 grade classroom and “assembly” presentations, their pedestrian safety education culminates with a “Pedestrian Graduation” activity.

goHunterdon staff facilitates an “on street” exercise where students practice the safety skills and behaviors that they have learned over the course of the school year.

Students will go outside and model good behaviors such as using crosswalks, looking left, right and left again, and avoiding distractions. A discussion follows about the difference in learning about pedestrian safety in a classroom or assembly setting and actually applying the skills in “real life”.

Learning Objectives

Students will be able to:

- Apply pedestrian safety skills within their community.
- Understand best practices for walking to and from school.
- Model safe pedestrian and cyclist behaviors



Bicycle Privilege Program

Grade(s): 4-8

Overview

The Bicycle Privilege Program serves as a baseline requirement to allow students to ride to school.

Students complete a series of "on bike" skills, similar to a bicycle rodeo, participate in a group ride, and completes a short written quiz.

Students who successfully pass each phase of the program are issued a "bicycle license".



Emphasis is placed on the fact that the "license" is a privilege and can be revoked at any time if school administration, faculty or local police observe unsafe bicycling behavior before/after school.

Learning Objectives

Students will be able to:

- Properly indicate how to turn
- Identify obstacles they may encounter on the way to school



How's Your Helmet?

Grade(s): K-8

Overview

Did you know helmets have an expiration date? Or, that a poorly fit helmet does not provide needed protection?

In this interactive activity, students are asked to bring in their helmets for inspection and fitting. Students will learn where to look for the expiration date of their helmet and the three easy steps to check the fit of their helmet.

If a student does not have a helmet or needs a new helmet, a new helmet will be provided. Safety information and, as appropriate, guidance on why an old helmet should not be worn will be provided to the students to take home.

Learning Objectives

Students will be able to:

- Identify three ways to ensure their helmet is fit correctly
- Describe the importance of wearing a helmet when riding a bicycle
- Understand when it is time for a new bicycle helmet

