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Redwood City 2020 Tuesday Tidbits

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Safe Routes to School and AOD Community Education Workshops

Safe Routes to School Events

This year's **International Walk to School Day** was recently held on Wednesday, October 10th. Every October, schools across the country and the globe encourage students and families to walk, bike, or roll to school for one day to both motivate students and celebrate the health benefits of getting to school using an active mode of transportation. In the Redwood City School District, 10 schools participated with a variety of events and incentives for students. One such event was held at Taft Community School in partnership with Safe Kids, a coalition housed within the Lucile Packard Children's Hospital Stanford. Taft students participated in walking groups, were greeted by volunteers, including a CHP officer, and received special incentives such as snap bracelets, books about safe walking, and tickets for a smoothie after school.

Other news for Safe Routes to School in October is that the program has once again received a **generous donation of helmets**, this time through our partners at the Woodside Terrace Kiwanis Club. Thanks to the Kiwanis Club's support, Safe Routes to School staff will fit and distribute bicycle helmets to students who do not have a helmet at home. Last year, Safe Routes to School successfully distributed and fitted over 300 helmets to students in need.

Finally, Redwood City 2020's Safe Routes to School program co-hosted a workshop entitled **"Why Walking Matters"** with program partners at the San Mateo County Office of Education.

The workshop took place on Wednesday, October 17th from 1pm-4pm at the Sequoia Union High School District offices. Mark Fenton, a renowned pedestrian safety expert, led a group of attendees from all over southern San Mateo County on a walking tour to better understand what makes a street safe, friendly, and inviting to people of all



ages and abilities.

For more information about Safe Routes to School, please contact Matthew Reeves at mreeves@redwoodcity.org.

Alcohol and Other Drugs Community Education Workshops

The Alcohol and Other Drugs (AOD) Prevention Partnership, long coordinated by Redwood City 2020, will now be spearheaded by the Sequoia Union High School District (SUHSD). After being incubated by the collaborative, the initiative will expand and deepen under the stewardship of the SUHSD.



Community Education Workshops are part of a larger effort within the Alcohol and Other Drugs Prevention Partnership to raise awareness about the effects of drugs on our community. The AOD Prevention Partnership aims to reach out to community members - students, parents, schools and other institutions - to inform young people, parents, teachers and concerned citizens about not only the dangers associated with drugs use, but equally importantly, how to talk about drugs with young people to make their lives and our community healthier. The workshops seek both to open and develop dialogue about alcohol and other drugs that challenge the health of our residents.

This year's Community Education Workshop series began with four workshop sessions at McKinley Institute of Technology in September. During the workshops, 8th grade students learned about the effect of marijuana on the developing brain, the immediate-, short- and long-term impact of marijuana use, and how marijuana has changed over the years. The students expressed a genuine interest in the way marijuana could impact their lives; they eagerly asked questions, contributed to the discussion, and were not shy about revealing their understanding.

For more information about upcoming Community Education Workshops (or to host one at your organization's site), please contact Gregg Zaire at gzaire@redwoodcity.org.

Missed a previous edition? Find it on our [Resources page](#).

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