



**Attendee list is on next slide**

**MINNESOTA SAFE ROUTES TO SCHOOL**

**BlueCross BlueShield Minnesota** | Center for Prevention

**THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...**

...is approximately 220 dedicated professionals from organizations and agencies that are advancing Safe Routes to School (SRTS) in Minnesota...

...that builds skills in Minnesota communities to successfully implement SRTS, supporting partnerships between state and local agencies, municipalities, and advocacy organizations, and advocating for policy changes to support walking and bicycling to schools and improvements to the built environment...

...and makes Minnesota a state where all students, no matter their race, ethnicity, income level, age, ability, or geographic location, can walk and bicycle on routes that are safe, comfortable and convenient...

...because to be able to walk and bike safely makes health, learning, communities, and independence better for all of us.

3/12/20 with 39 Attendees (*Please note this list reflects those who's name appeared or introduced themselves*).

Kelly Corbin, MnDOT

Dave Cowen, MnDOT

Jeremy Vann

Michelle Keifer

Joanne Judge Dietz

Dani Gardner – Rochester SRTS Coord

Michelle Keifer, Bike MN

Karen Nitzkorski – Partnership 4 Health

Luke Ewald

Andrea Orst

Amanda Lien

Will Wlizlo (Richfield Public Shools)

Russel Habermann

Janet Bush

Emily

Josh Ramaker

David Peterson

Anna Bohanon

Ali Mueller

Karen N.

Sierra Saunders

Colin Harris

Sandy Leuthner

Tina Moen

Katie Kitowski

Justin Otsea

FSandal

Jason W.

Joanne Moze (Blue Cross)

Kyle Hoffman

mroshen

Christina Lundgren

KH Kennedy

Audrey S.  
Sara

Sam P  
KA Ball



## AGENDA

- Welcome and Introduction
- Strategic Plan Check in
- Whole School, Whole Community, Whole Child
- MnDOT Update
- Announcements

Kari Kolling Anderson, Gage Community Schools Site Facilitator  
kakolling-an@rochester.k12.mn.us

Dani Gardner, Safe Routes To School Coordinator  
dagardner@isd535.org



Please complete the survey:  
[www.surveymonkey.com/r/mnsrts-strategicplan](http://www.surveymonkey.com/r/mnsrts-strategicplan) – closes 3/13/20



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kakolling-an@rochester.k12.mn.us

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dagardner@isd535.org



## School Systems to Support SRTS

Jeremy Vann  
Minnesota Department of Health  
School Health Services Coordinator

PROTECTING, MAINTAINING AND IMPROVING THE HEALTH OF ALL MINNESOTANS

## My Role

- Minnesota Department of Health
  - School Health Services Coordinator
  - Statewide Health Improvement Partnership
- Minnesota Department of Education
  - CDC 1801 Grant – Improving student health and academic achievement through nutrition, physical activity and the management of chronic conditions in school
  - Statewide and 8 Priority Districts
    - Infrastructure, Professional Development and Technical Assistance



Schools Content Specialist

## Statewide Health Improvement Partnership (SHIP)



- 87 Counties
- 10 Tribal Nations
- Chronic Disease Prevention
  - Active Living
  - Healthy Eating
  - Commercial Tobacco-Free Living



The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions.

CD – e.g. cancer, heart disease, stroke and type 2 diabetes

SHIP is statewide, with the Minnesota legislature providing \$17.5 million in funding per year

## Where SHIP Works

- Communities
- Schools
- Child Care
- Workplaces
- Health Care

SRTS – Communities and Schools

## SHIP Schools – Physical Activity

- Quality Physical Education
- Active Classrooms
- Active Recess/Drop-in Times
- Before/After School Physical Activity
  - Safe Routes to School

So if working on SRTS – should connect with SHIP

## Comprehensive School Physical Activity Program (CSPAP)

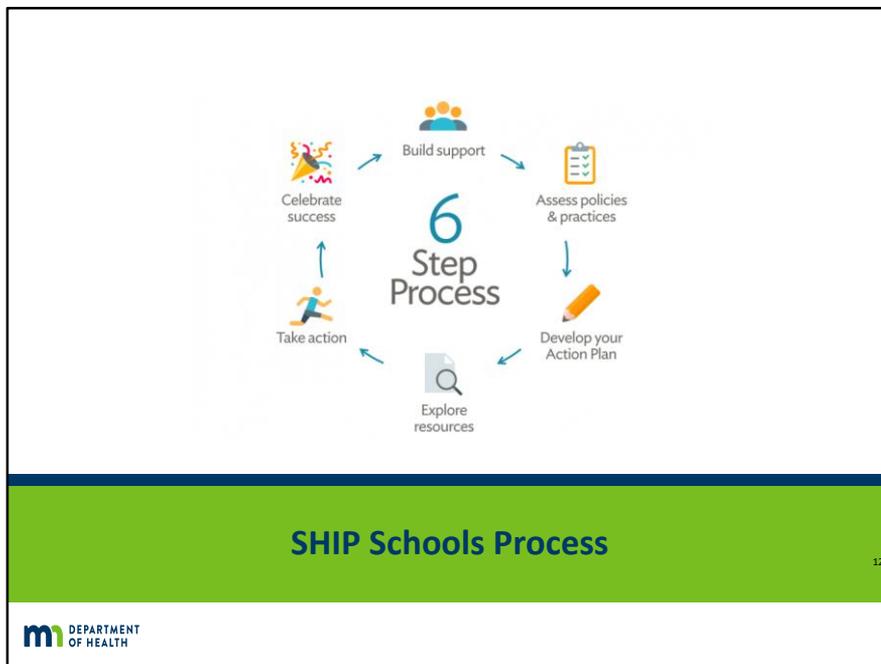


- Physical Activity Before and After School
- Family and Community Involvement
- Staff Involvement
- Physical Activity During School
- Physical Education

CDC – guide

This is the model – not necessarily in practice

So if working on SRTS – then you can fit within CSPAP model – PE (WBF), biking to school, engage families with survey's tallies walking school bus, staff involved by incentives to ride/supporting, PE – during school



Build Support – Wellness – Transportation Team – Safety – Environmental

Not just SHIP (Alliance for healthier gen)

CSPAP – establish a team, conduct an assessment, create goals/objectives, identify outcomes or specific changes, develop a plan, implement, evaluate

So if working on SRTS – can you join what is already going on (should be happening with SHIP and could happen organically if school lunch because of USDA requirements)

- Self-Assessment and Planning Guide
  - Identify strengths and weaknesses of school policies and programs for promoting health and safety
  - Develop an action plan for improving student health and safety

- Promotion or Support of Walking and Bicycling to and/or from School
  - Does your school promote or support walking and bicycling to school in the following ways?

- Designation of safe or preferred routes to school
- Promotional activities
- Secure storage facilities for bicycles and helmets
- Instruction on walking/bicycling safety
- Promotion of programs via newsletters, website, etc.
- Crossing guards
- Crosswalks on streets leading to schools
- Walking school buses
- Evaluation/documentation of students walking/bicycling
- Creation and distribution of maps of school environment

Walk to school day, week

Documentation of the number of children walking and biking to school

Again – SRTS can fit into the things the school should/could be doing - SHIP



CDC Coordinated School Health

ASCD Whole Child Framework

Tenants – Healthy, safe, engaged, supported, challenged

Components

PSE

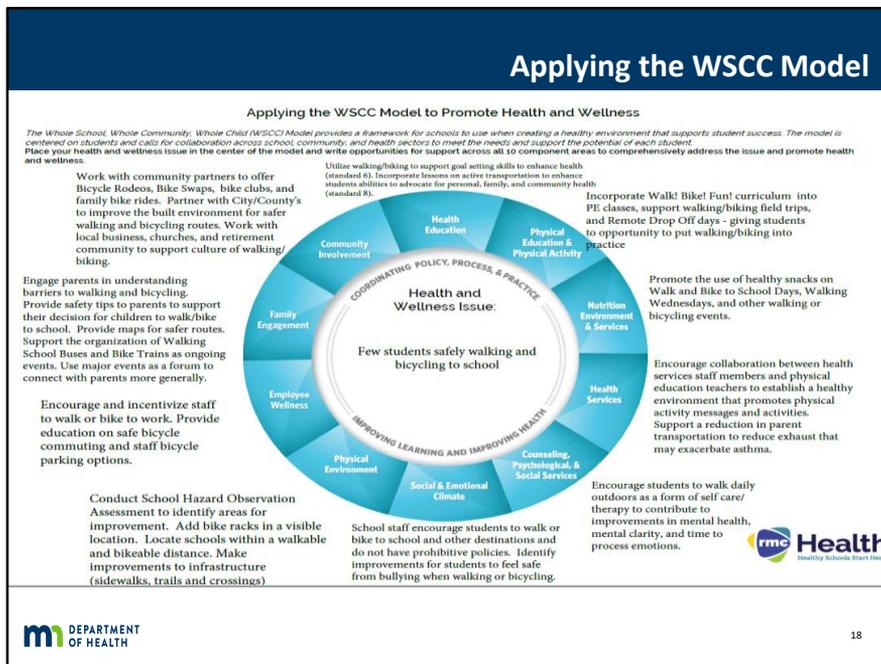
Also something they should could be doing but not necessarily, same with SHIP

What do you want the student in the center to be able to do – how can you help that student but healthy, safe, challenge, etc.

## Questions

17

## Applying the WSCC Model



Goal/Objective in the middle – SRTS as the tenant

But if you have decided on SRTS this could help support/look comprehensively

Maybe PE – but what about the school nurse

Can you incorporate employee wellness

How to use

Increase students who walk and bike

Increase students who participate in walking school bus

Increase students knowledge of walking and biking

Increase knowledge of students to get and return to home safely

Increase opportunities for physical activity

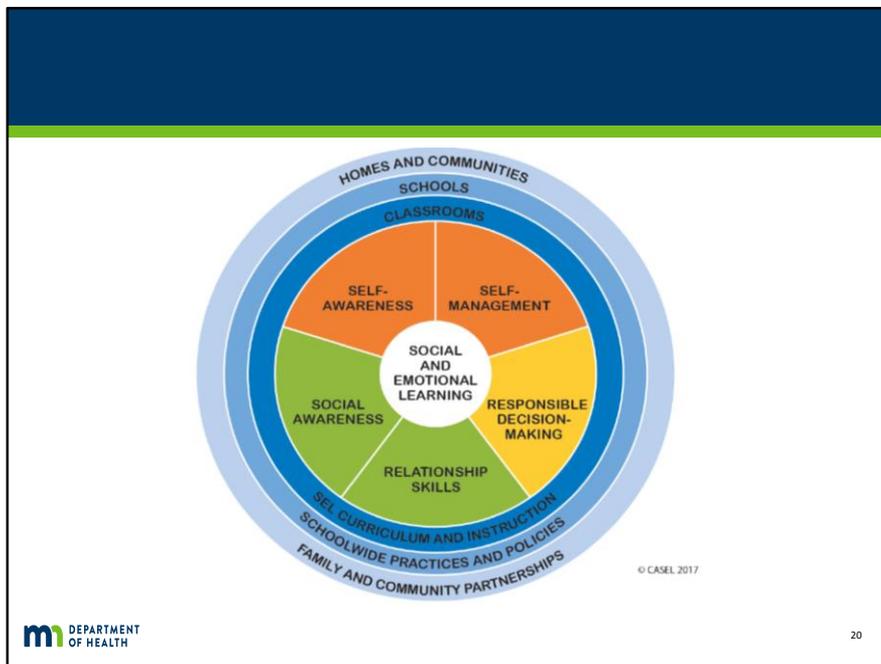
Increase opportunities for social and emotional learning

Increase perceptions of safety

## Social and Emotional/School Climate - MDE

- Positive School Environment =
- Improved Experience =
- More Engaged Students =
- Increased Success of Students (Academically, Emotionally, etc.)

Values, norms, expectations  
In the classroom and the school



CASEL.org – The collaborative for academic, social and emotional learning -  
 Social and emotional learning – part of the climate  
 In the classroom, but the classroom extends  
 Increase the number of intentional acts of kindness

Health Standards - <https://www.cdc.gov/healthyschools/sher/standards/index.htm>

<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>

<https://www.cdc.gov/healthyschools/wsc/index.htm>

## Benefits

- Improvements in attitudes/perceptions:
  - Self
  - Others
  - School
- Improvement in behavior
  - School (e.g. between classes, recess, etc.)
  - In class
- Improvement in achievement test scores

Casel

Self awareness

Self management

Social awareness

Relationship skills

Responsible decision making

**Your Turn** 22

**m** DEPARTMENT OF HEALTH

Your – turn

provide an idea, smart objective, goal - particular issue you have  
Schools in greater MN and busing etc.

- What?
- So What?
- Now What?

**Thank you.**

[Jeremy.Vann@state.mn.us](mailto:Jeremy.Vann@state.mn.us)

651-201-5498



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# MnDOT Updates





Oak Ridge Elementary  
Eagan, MN

"Oak Ridge's second Winter Walk Day was beautiful! Our whole school (all 550+ students and their teachers) went out for a walk in the woods and prairie adjacent to our school. It was great to get out and enjoy the sunshine and temps in the 20s. We heard our boots crunching in the snow mixed with students' happy chatter. Occasionally, classes decided to get quiet and listen to the birds chirping all around us. Everyone enjoyed the fresh air, exercise, and a break from the hard work we do in the classroom!"

More photos on MnSRTS - <http://www.dot.state.mn.us/mnsaferoutes/news-events/golden-snowboot.html>



MATERIALS  
DOWNLOADABLES  
IDEAS FOR FUN EVENTS register your event -->  
<http://www.walkbiketoschool.org/>

**MINNESOTA SAFE ROUTES TO SCHOOL** **Bike to School Day**  
Poster Contest Lesson Plan: Grades K-3

**Grade Levels**  
Kindergarten-3<sup>rd</sup>

**Subject**  
Bike benefits; bike safety

**Materials**  
• 8.5" x 11" papers  
• Markers, crayons, paint, pencils, or other drawing media

**Lesson Duration**  
10-15 minutes

**Objectives**

- Get students thinking about why they enjoy biking
- Learn basic bike safety skills
- Design a bike-themed poster
- Have fun!

**Lesson Plan**

This two-part lesson plan is designed for younger students to get them thinking about the **Benefits of Bicycling** as well as teaching them the basics of **Bicycling Safety**. After completing the lesson plan, students will be ready to design a poster that represents how biking makes them feel. More information on the poster contest on the following pages.

**Getting Started**  
Begin this lesson by asking your students a few simple questions that are aimed at evoking feelings and memories from riding a bicycle. Here are some starter questions:

1. How does biking make you feel?
2. What do you like about bicycling?

**Bicycling Safety**  
Ask your students "What can you do to make biking more safe?" If they cannot come up with ideas, here are a few you can share with them:

- Always wear a properly fitted helmet while biking
- Do not bike on busy streets
- ~~Always wear your seat belt when driving~~

**Day 2019!**

Learn more: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)

### Rules for Poster Design

- Students must create a poster that represents how bicycling to school makes them feel.
- Posters must be created by an individual child. (limit one poster submission per student)
- There are two grade categories for judging: grades K-3 and grades 4 – 8.
- Print off copies of the last page of this document and use it for the students posters
- Complete school name, child name, and parent contact information (address, email and telephone number) in space provided at the bottom of the form.
- Students can use pencil, marker, crayon, paint or another media. (keep in mind that electronic submission is easiest, so macaroni art may be harder to submit)
- Entry forms must be submitted by the end of the day, May 3, 2019 via e-mail to [saferoutes.dot@state.mn.us](mailto:saferoutes.dot@state.mn.us) or via mail to: • Dave Cowan, Office of Transit 395 John Ireland Blvd. Mail Stop 315 St. Paul, MN 55155

Poster Contest - easy for ALL students to participate

[http://www.dot.state.mn.us/mnsaferoutes/assets/downloads/postercontest/poster\\_contest\\_guidelines%202020.pdf](http://www.dot.state.mn.us/mnsaferoutes/assets/downloads/postercontest/poster_contest_guidelines%202020.pdf)

# MARKETING TOOLS FOR BIKE TO SCHOOL DAY



**Bike to School Day**  
**May 8th**

Let's Bike Together to  
[Name of School]

- School activities include:**
- [activity name here]
  - [activity name here]
  - [activity name here]
  - [activity name here]

- Why bike?**
- Time with friends
  - Get exercise
  - Win prizes
  - Have fun!

For more information, contact:  
(Name)  
(Email)  
(Phone number)



## Bike to School Day – Sample Text

Newsletter  
Bike to School Day is May 8th!  
The annual Bike to School Day is coming on on **May 8th**! There will be a variety of events happening at **[NAME OF SCHOOL]**, including:

- [ ]
- [ ]
- [ ]

Encourage your child to bike to school with a friend on **May 8th** or participate in a **Bike Trip**. Better yet, you can volunteer to help with a bike trip in your neighborhood! For more information about bike to school day and volunteer opportunities, please contact:

**[NAME], [PHONE NUMBER], [EMAIL]**

Find out more about bike to school day at [www.walkbiketoschool.org](http://www.walkbiketoschool.org) or learn more about the Minnesota Safe Routes to School program at [www.mnwalkbiketoschool.org](http://www.mnwalkbiketoschool.org).

### Facebook Posts

The Minnesota Safe Routes team were developed to make it easier for your school to promote bike to school day. If you use, the text can be tailored however you would like, but hopefully this gives you a good idea of messages that can be posted. Feel free to contact the team for feedback, and let us know about the results.

### Example Post 1

**WALKBIKETO SCHOOLS MINNAPEDIA PAGE**

Bike to School Day is coming on on **May 8th**! Encourage your child or neighbor to bike to school, and volunteer to help out with events and activities at **[NAME OF SCHOOL]**.  
For information, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.  
To learn more about the Minnesota Safe Routes to School program, visit <http://www.mnwalkbiketoschool.org>.

### Example Post 2

**WALKBIKETO SCHOOLS MINNAPEDIA PAGE**

## Bike to School Day!

We need volunteers for Bike to School Day at

**[Name of School]**

### How you can help:

- Lead a bike train
- Host a check point for bike trains
- Provide refreshments at the school
- Provide prizes for participating students
- Encourage your child and their friends to participate

Not sure how to help? We have guides to get you started!

If you or someone you know can help, please contact:

**[Name]**

**[Email]** **[Phone Number]**

Learn more about Minnesota Safe Routes to School: [www.mnwalkbiketoschool.org](http://www.mnwalkbiketoschool.org)



**May 8  
2019**

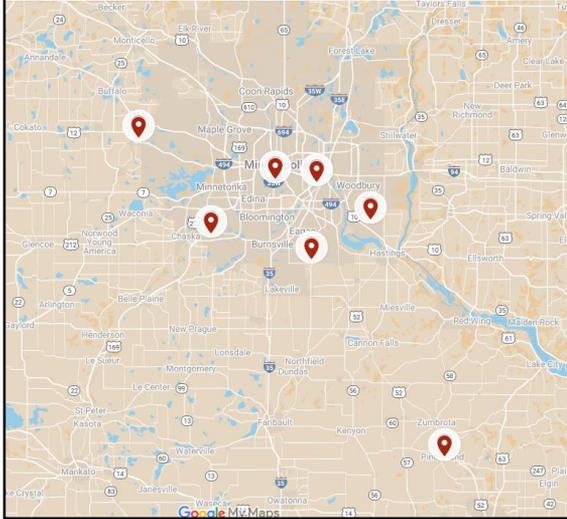


register your event --> <http://www.walkbiketoschool.org/>

## Grant Awards Summary

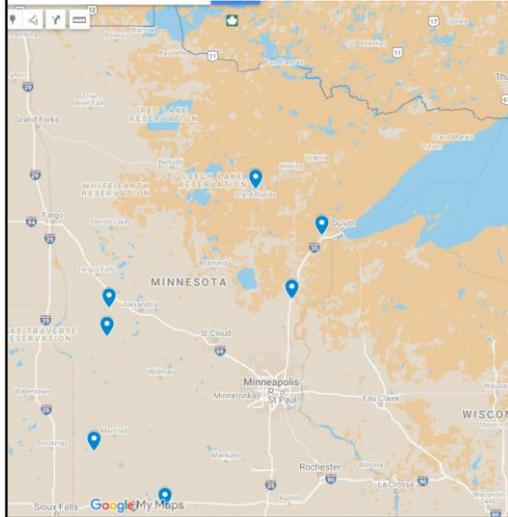


## Planning Assistance Grants via Consultant



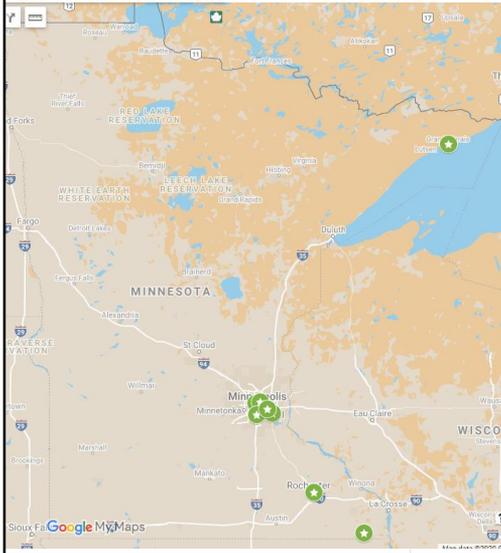
- Delano ISD 879
- Eagan ISD 196
- Inver Grove Heights ISD 199
- Pine Island Public Schools
- Richard Green Central Park Elementary MPS
- Shakopee
- SPPS West Side

## Planning Assistance Solicitation by RDO



- Fond Du Lac Band
- ISD 318
- ISD 319
- Finlayson Elementary
- City of Tyler
- Jackson County Central Schools
- City of Morris
- West Central Area School ISD 2342

# Boost Grant Applications



- Sawtooth Mountain Clinic
- Melrose Area Public Schools
- Minneapolis Public Schools
- PedalPowerMN
- Richfield Public Schools
- ISD #280
- Rochester Public Schools
- South St. Paul Public Schools
- Saint Paul Public Schools
- City of Spring Grove

## Safe Routes to School Meet Up Willmar, MN

- **Monday 4/13**
  - Walk! Bike! Fun! ambassador training
  - Hazard Assessment evaluation training
  - Community Bike Ride
  - Social Dinner
- **Tuesday 4/14**
  - Healthy Together Willmar on Equity
  - SRTS & TZD
  - Oberstar Award
  - SRTS Engineering
  - Happy Hour!

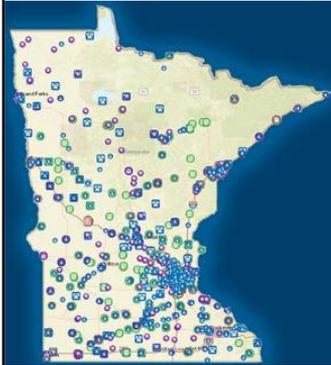


**Register Today!**

[SafeRoutesMN2020.eventbrite.com](https://SafeRoutesMN2020.eventbrite.com)

[SafeRoutesMN2020.eventbrite.com](https://SafeRoutesMN2020.eventbrite.com)

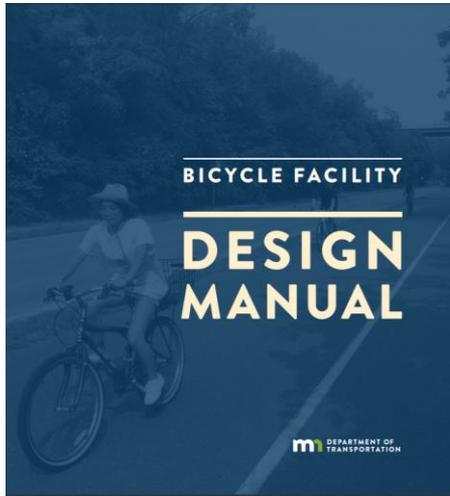
**Update post 3/12/20 Network Call – Meet up is cancelled**



## We need your input!

**Click here** to take a 10-15 minute survey to let us know how we can improve Minnesota Safe Routes to School.

Your responses will be used in the MN Safe Routes to School Strategic Planning process.



**Bicycle Facility Design Manual PDF (19 MB)**

Chapter	Title and Link	Date Updated
n/a	<a href="#">Cover and Table of Contents</a>	February 2020
1	<a href="#">Introduction</a>	February 2020
2	<a href="#">Scoping, Planning and Project Coordination</a>	February 2020
3	<a href="#">Facility Selection</a>	February 2020
4	<a href="#">Operational Characteristics &amp; Elements of Design</a>	February 2020
5	<a href="#">Bicycle Facilities</a>	February 2020
6	<a href="#">Maintenance</a>	February 2020
7	<a href="#">Special Design Elements</a>	February 2020
8	<a href="#">Appendices</a>	February 2020



MnDOT’s Bicycle Facility Design Manual is a resource for **MnDOT planners and designers to plan** for and implement context-appropriate bicycle facilities within MnDOT right-of-way. The 2020 Minnesota Bicycle Facility Design Manual supersedes the 2007 Minnesota Bikeway Facility Design Manual. This manual provides the information necessary to develop safe, consistent and predictable bicycle facilities along MnDOT’s trunk highway system. Providing connected networks of comfortable and safe bicycle facilities is an important factor to support and increase the use of bicycling for transportation.

## Other updates!



Bicycle Facility Design Manual

<http://www.dot.state.mn.us/bike/bicycle-facility-design-manual.html>



## Announcements

- March MN Bike Walk Leadership Network Webinar **Wednesday, March 18th @ 11:30am-12:30pm** spotlight on the community of Wabasha in combination with the topic of bike share
- **Walk! Bike! Fun! Ambassador [Training](#) Maintenance [Trainings](#)**
- **[Phone](#) an Expert!**
- **Mini Adaptive Trainings**, reach out directly to Michelle Kiefer via email at [michelle@bikemn.org](mailto:michelle@bikemn.org).

SRTS Academy info:

[http://www.dot.state.mn.us/mnsaferoutes/contact/training\\_request.html](http://www.dot.state.mn.us/mnsaferoutes/contact/training_request.html)

BikeMN and WBF Technical Assistance. <http://www.bikemn.org/education/walk-bike-fun/request-technical-assistance>

At anytime, please email Michelle and ask about a school re: WBF trained teachers.  
[michelle@bikemn.org](mailto:michelle@bikemn.org)



## 2020 MEETINGS

~~January 9~~  
~~February 13~~  
~~March 12~~  
April 9 – It's Back!  
May 14  
June 11  
July 9  
August 13  
September 10  
October 8  
November 12  
December 10

Call Time: 10:00 – 11:00AM



## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

**MONTH**

April 9, 10:00 – 11:00 AM

**TOPIC**

- SRTS 101 as a primer to SRTS Meet Up April 14

**MONTH**

May 14, 10:00 – 11:00 AM

**TOPIC**

- Opening the Black Box of Speed Limits

**MONTH**

June 11, 10:00 – 11:00 AM

**TOPIC**

- School Patrol and Crossing Guards: Best Practices and Resources

To join the Minnesota Safe Routes to School Network,  
email [centercommunications@bluecrossmn.com](mailto:centercommunications@bluecrossmn.com)



THANK YOU!



## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

**MONTH**  
July 9, 10:00 – 11:00 AM

**TOPIC**  
• TBD

**MONTH**  
August 13, 10:00 – 11:00 AM

**TOPIC**  
• TBD

**MONTH**  
September 10, 10:00 – 11:00 AM

**TOPIC**  
• TBD.

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## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

**MONTH**  
October 8, 10:00 – 11:00 AM

**TOPIC**  
• TBD

**MONTH**  
November 12, 10:00 – 11:00 AM

**TOPIC**  
• TBD

**MONTH**  
December 10, 10:00 – 11:00 AM

**TOPIC**  
• TBD

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## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

**MONTH**

January 9, 10:00 – 11:00 AM

**TOPIC**

- SRTS Strategic Plan
- Demonstration Project Funding

**MONTH**

February 13, 10:00 – 11:00 AM

**TOPIC**

- Walking School Bus: Innovation in Rochester

**MONTH**

March 12, 10:00 – 11:00 AM

**TOPIC**

- Whole School, Whole Community, Whole Child
- Winter Walk To School Day Recap

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email [centercommunications@bluecrossmn.com](mailto:centercommunications@bluecrossmn.com)