

CITY OF SAN JOSÉ

Walk n' Roll Newsletter

February 2022

Ruby Bridges: How Her Walk to School Changed History

"Don't follow the path.

**GO WHERE THERE IS NO PATH
AND BEGIN THE TRAIL."**



—Ruby Bridges

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Imagine that you're 6 years old in 1960. A federal court has ordered the schools in your state – Louisiana – to desegregate, meaning that children of color could attend the same schools as white children. You are the first black student to attend the nearby, a previously all-white school. On your first day, the federal marshals join you on your walk. But people are lined yelling at you when you walk by. You continue walking to school, with people shouting at you every day – but you never miss a day of school.

This was Ruby Bridges' year as a 1st grader and the only black student at her school. In honor of Black History Month, we at Walk n' Roll invite you to celebrate Ruby Bridges and her contribution to the Civil Rights movement.

Students at Martin Elementary School (South San Francisco, CA) students learned about Ruby Bridges, so they started the first-ever Ruby Bridges Walk to School Day in November 2018. This inspired many Walk n' Roll programs around the country to join the celebration, with Ruby Bridges herself attending some of these events!

In September 2021, the California State Senate passed a resolution proclaiming November 14th as Ruby Bridges Walk to School Day. We plan to have special activities to celebrate this important day, so stay tuned!

**Learn more
about Ruby
Bridges**

**Walk n' Roll
to school like
Ruby on
Wednesday**

**Watch a video
and sing a song
about Ruby
Bridges**

Featured articles

Benefits of Active Transportation

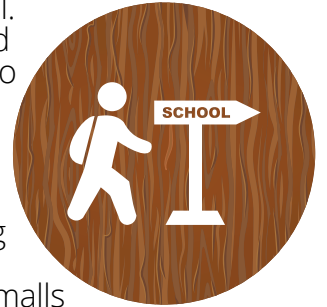
There are many forms of active transport, including walking and biking, that can get you to where you need to go. Active transport is good for your health and provides a lifetime of healthy habits. During this pandemic, we spend a lot of time indoors and not getting the exercise we used to by playing outside at recess or jogging during physical education classes. But if you walk or bike to nearby places you already need to go, it benefits your health, the environment, and the people around you!

Need another great way to take part in active transportation? Learning about your neighborhood! It is great for people of all ages, and you can do it at your own pace. You can learn the streets around you and enjoying seeing people, traffic, birds and interesting trees and plants – a way to develop your critical thinking skills. Building awareness through experience! You know you must be safe, but when should you be safe? Using active transportation, you can apply those safety skills to an environment you already know. This also builds your independence and creates a fun learning opportunity.

Could You Start a Park & Walk?

Starting a Park and Walk is a great way for those who cannot walk all the way to school to get exercise and avoid the morning traffic.

A Park and Walk encourages families to park a few blocks away from school, then walk the rest of the way to school. All you need to do is find a location for students to gather and walk to school with their family or friends, such as parking lots that can be empty or unused during school drop-off and pick-up times. Parks or malls with large parking lots may be willing to share their space. Park and Walk also reduces traffic congestion around the school's pick-up and drop-off areas while still accommodating parents who drop their child off at school on their way to work.



We have talked about Walking School Buses before, so you can add Park and Walk as another way to get walking and rolling to school!



Sunny's Safety Corner

A green light only tells you when it is time to cross the street.

It does not tell you when it is SAFE to cross. When you see a green light, make sure to stop on the sidewalk, look left, right, left, and in front of and behind you for traffic, and listen for emergency vehicles before crossing.

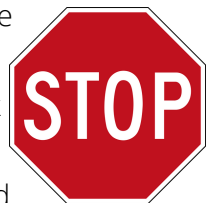
If you see the driver, they may not see you.

Make eye contact with the driver before you cross the street. If they do not see you, wait at the curb until they have passed, and it is safe for you to cross.



This is a stop sign!

It is red. It is an octagon shape (8 sides). The word "STOP" is on it. It tells drivers that they need to make a full stop, look at the intersection, and wait until it is safe to go when the road is clear of cars, bikes and pedestrians. You can find this sign at an intersection with no traffic lights.



This is a pedestrian crossing sign!

It is yellow. It is a diamond shape. A picture of a person walking is on it. This is a warning sign that tells you there may be a lot of pedestrian activity just ahead of you. Make sure to slow down and watch out for people around you. You can find this sign near a school, hiking trail, or places with a lot of people.