

CITY OF SAN JOSÉ

Walk n' Roll Newsletter

April 2022



Earth Day & World Health Day

Thursday, April 7th is World Health Day, which celebrates the founding of the World Health Organization (WHO). WHO is an international organization of over 190 countries and includes the world's leading public health experts. The mission of WHO is to coordinate the world's response to health emergencies, promote well-being, prevent disease, and expand access to health care. The theme of World Health Day 2022 is "Our planet, our health" which highlights the connection between the environment and public health. Pollution and climate change make it harder for people to live healthy lives even if they are eating the right foods and exercising regularly. One way you can help is to raise awareness about campaigns to preserve open spaces.

*Learn more about the Our planet, our health campaign [here](#).

Friday, April 22nd is Earth Day. Our planet is an amazing place, but it needs our help to thrive! That's why each year people celebrate Earth Day to raise awareness about environmental issues. Earth Day was first celebrated in 1970 and now includes a wide range of coordinated activities across the globe to demonstrate support for a cleaner environment. It takes everyone to make our world a happier, healthier place to live. You can get involved by taking part in activities like picking up litter, planting trees, limiting water usage, and turning off the lights when they're not needed. Of course, walking or biking to school is also a great way to celebrate Earth Day!

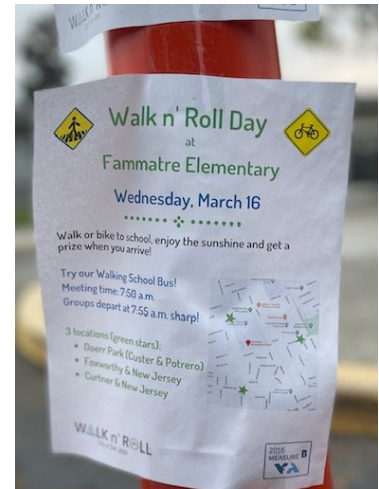
Featured article

Fammatre Elementary's Walk n' Roll Day

We are excited to feature Fammatre Elementary this month! On March 16, the Fammatre community launched their first Walk n' Roll Day since before the pandemic. Thanks to efforts by Principal Haley, Fammatre staff and the Home & School Club, there were over 300 students who participated by walking, biking and scootering to school! Prizes were handed out to each child who walked or biked.

The Home & School Club organized 3 "walking school buses," where parents dropped off their children at a specific starting location about 3 blocks from school so they could walk together in one group. In all, there were almost 100 students who participated in these fun group walks. One dad commented that he was happily surprised at how quickly he and his daughter got to school and said they would try scootering to school more often. We love to hear this!

Walk n' Roll Days are fun events that help reduce morning school traffic and give children the opportunity to get some exercise before the school day starts. Are you interested in organizing a Walk n' Roll Day for your school? Please contact Ann Jasper, Walk n' Roll Program Manager at ann.jasper@sanjoseca.gov.



Upcoming Events

Speaking of bike rodeos, if you have not signed your school up for a bike rodeo- here is your chance! Spring is here and the sunny days and warmer weather are great for bike rides. Bike rodeos are a fun and interactive way for students to learn about bike safety by riding their bikes on a course that our Walk n' Roll team sets up on your school blacktop. That means more opportunities to engage in fun and safe bike activities, learn the ABC bike check, get your bike turned up, and more! If you are interested in hosting a bike rodeo at your school, please contact Ann Jasper ann.jasper@sanjoseca.gov!



Walk It Like You Talk It
Video Challenge

THEMES
Walking; Stay Visible
Green House Gases/Earth Day;
Micromobility; Mental Health/Self Care

PRIZES
Prizes for winners in each of the themes. All participants will be entered in to win a scooter and helmet!

DEADLINE
All submissions will need to be in by Friday, April 29th, 2022 at 11:59pm

In terms of opportunities, we have one for our middle and high schoolers! Our Walk It Like You Talk It Video Challenge is starting on Monday, April 4th through Friday, April 29th. You are all invited to take part and show us your favorite things when it comes to any of these themes: Walking; Stay Visible; Green House Gases/Earth Day; Micromobility; Mental Health/Self Care! Submit a short video and be entered in a drawing for your chance to win some awesome prizes! For more information, please visit sanjoseca.gov/walknroll. We look forward to your submissions - and please share this with your friends!

It's Alum Rock Park's 150th Anniversary! Founded in 1872, Alum Rock Park is one of California's oldest parks. The park contains 720 acres of nature for you to go out and explore. There are many outdoor activities for you to do with your friends and family such as hiking, horseback riding, bicycling, picnicking, and of course relaxing. The park has a playground, thirteen miles of trails which include 6 miles of horse trails and three miles of bicycle paths. If you're hiking, you can hike on all these trails. Go out today and celebrate Alum Rock Park's 150th Anniversary today!



SAN JOSE
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Building Community Through Fun

**ALUM
ROCK
PARK**
1872 - 2022



If you have not heard, Viva CalleSJ is coming back on Sunday, May 1st! If you're wondering what that is...Viva CalleSJ is a free program that temporarily closes 6 – 7 miles of San Jose streets to bring communities together to walk, bike, skate, play, and explore the city like never before. Come find our Walk n' Roll team! We will be there all day and will be hosting a bike rodeo, in addition to handing out safety resources. Cannot wait to see you!