

Connecticut's Safe Routes To School Program



What is Safe Routes to School?

Safe Routes to School (SRTS) is an international initiative to promote healthier lifestyles for our children, improve safety in our communities and reduce pollution in our environment by encouraging children to walk and bicycle to school. SRTS programs actively involve parents, schools, community leaders and local, state, and federal governments.

SRTS projects and activities look at the conditions around schools and work at improving safety and reducing traffic and air pollution in the vicinity of schools. As a result, bicycling and walking to school becomes a safer and more appealing transportation choice and children make physical activity a priority from an early age.

Why is Safe Routes to School needed in your community?

Residents of communities today struggle with motor vehicles clogging roads, motor vehicle emissions polluting the environment and more children engaging in less physical activity and becoming overweight.

The implications of SRTS can be far-reaching. Safe Routes programs can improve safety not just for children, but for the entire community. If the roads are safe for children then they are safe for all citizens. They provide opportunities for people to become more physically active and to rely less on their cars. Programs benefit the environment and a community's quality of life by reducing traffic congestion and motor vehicle emissions.

Connecticut's Safe Routes to School Program

The Connecticut Department of Transportation established a program in order to support Safe Routes to School initiatives in schools with grades K—8 throughout the state. Our goals are to provide training, technical assistance and infrastructure grants to municipalities and schools who are interested in starting Safe Routes To School Programs in their communities.

Why Should Safe Routes to School be Important to Your Family?

- ✓ Safe Routes activities encourage walking and biking to school and provide much needed physical activity for children
- ✓ Engaging in physical activity every day improves your child's ability to focus on learning
- ✓ Learning proper walking and biking behaviors reduces your child's risk of injury and increases their sense of independence
- ✓ Healthier children have more positive school experiences and better academic performance

**For more information
on our program,
please visit our website at**

www.ctsaferoutes.org

or contact:

Sharon Okoye
CT Safe Routes to School Coordinator
CT Department of Transportation
2800 Berlin Turnpike
Newington, CT 06131-7546
(860)594-2367
sharon.okoye@po.state.ct.us