

#### November 2023

#### Promoting Sustainable Student Transportation Walk Massachusetts

Judith Crocker, MA Statewide Coordinator and Outreach Supervisor



This report is for informational purposes only. These recommendations include components of the Massachusetts Safe Routes to School (SRTS) Program. Your local SRTS outreach coordinator may facilitate or take part in discussions and provide direct program offerings. Please note that your SRTS outreach coordinator cannot advocate for state or municipal policy and/or infrastructure-related work. Furthermore, your SRTS outreach coordinator cannot make direct engineering or municipal planning recommendations. All photos and maps are the property of SRTS (unless otherwise noted) and cannot be reproduced without written permission. Due to privacy concerns, program reports cannot be shared publicly without the express written permission of the named school(s).

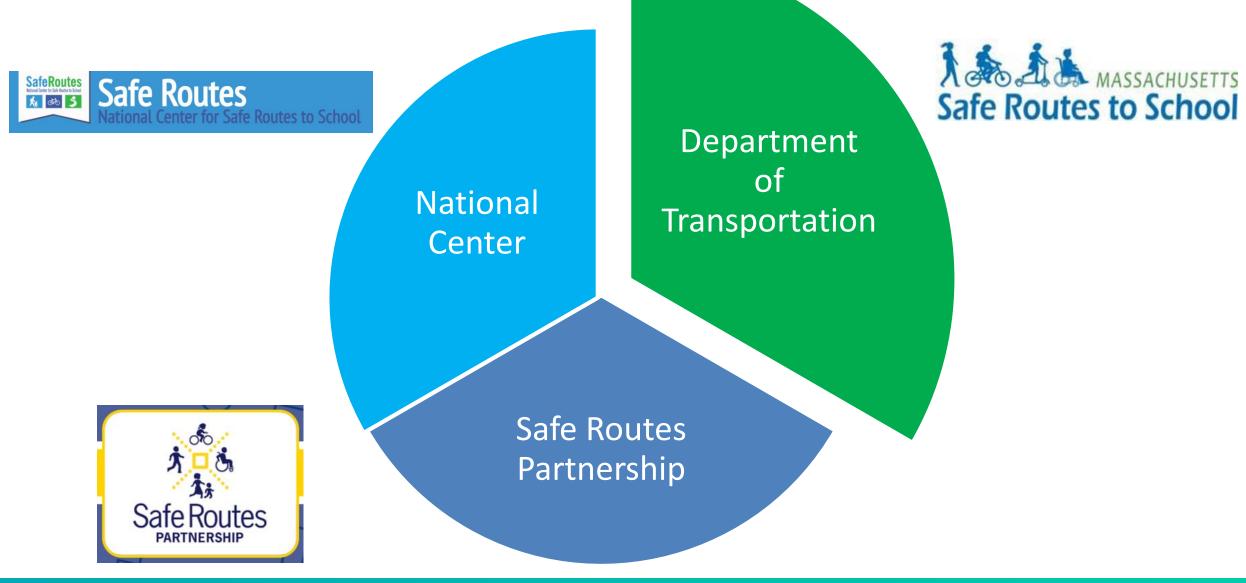
#### Agenda

- Welcome!
- Massachusetts Safe Routes to School
- Active Transportation
- FY23 Program Updates



# **Massachusetts Safe Routes to School** Partner Schools 1,100+ Alliance Partners 220+ Safe Routes to School 1,000 SRTS Safe and Strong! massDOT





A State Massachusetts Safe Routes to School Mass.gov/safe-routes-to-school



#### **Safety First**







## **Meeting Local Needs**

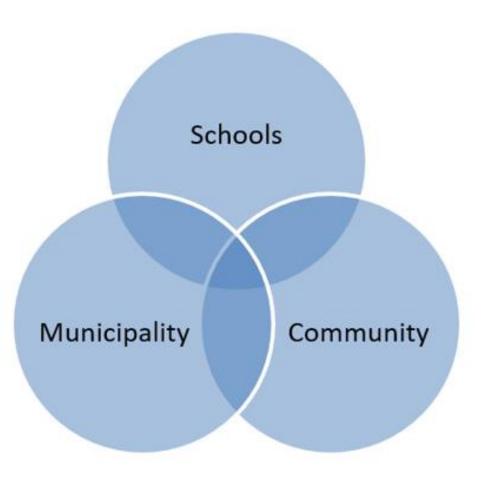


- Physical Activity
- Safety & Independence
- Traffic Congestion
- Attendance and Tardiness
- Built Environment
- Redistricting
- New Construction
- Change in School Start Times





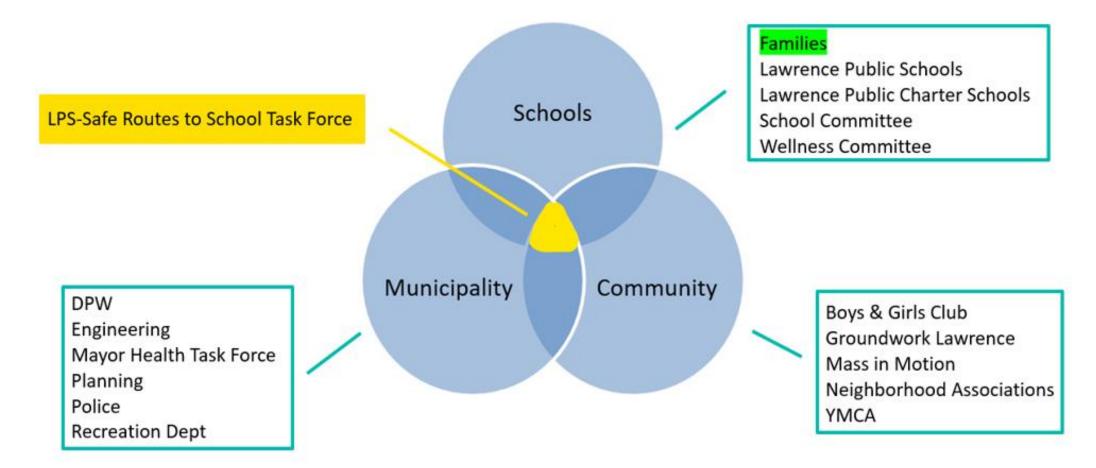
#### **Stakeholders**







#### **Lawrence Stakeholders**







#### The Six E's

	EQUITY
NON-INFRASTRUCTURE	ENCOURAGEMENT EDUCATION ENGAGEMENT
	EVALUATION
INFRASTRUCTURE	ENGINEERING



# Active Transportation

#### <u>Student Benefits</u>

- School Attendance
- Physical Activity
- Social Interaction
- Climate Change
- Family Traffic



## School Attendance: Absenteeism & Tardiness

#### MCAS achievement results for chronically absent students

ELA	LA 2023 Average Scaled Score		2023 % Meeting or Exceeding			
	Not Chronically Absent	Chronically Absent	Difference	Not Chronically Absent	Chronically Absent	Difference
Grades 3-8	496	483	-13	46	25	-21
Grade 10	508	490	-18	65	37	-28

Math	2023 Average Scaled Score		2023 % Meeting or Exceeding			
	Not Chronically Absent	Chronically Absent	Difference	Not Chronically Absent	Chronically Absent	Difference
Grades 3-8	497	482	-15	45	20	-25
Grade 10	504	487	-17	57	23	-24

DESE Commissioner Riley October 2023

- Chronic absenteeism rate grew by 72% between 2019-2023
- Affects almost 3/4 of MA schools
- Rate in elementary schools was more than double what it was pre-pandemic
- MA rate of chronic absenteeism 22%



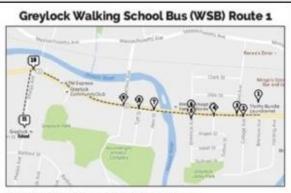
#### School Attendance: Absenteeism & Tardiness





#### School Attendance: Encouragement & Evaluation





#### 1: GreyLock School Park and Walk Old Price Chopper

Park at old Price Chopper lot. Arrive by 7,55am. Walking School Bus (WSB) departs at 800am. There will be a WSB on both sides of Rt 2

- 2: Stop 2 Anive by 7:58am. WSB Departs at 8:02am
- 3: Stop 3 Demond Ave. Arrive by 758am. WSB leaves at 8:02am.
- 4: Stop 4 Grant St. Arrive by 8:00am. WSB departs at 8:05am.
- 5: Stop 5 Arrive by 8:03am. WSB departs at 8:07am.
- 6: Stop 6 Arrive at 803am. WSB leaves at 807am.
- 7: Stop 7 Arrive by 8:05am. WSB leaves at 811am.
- 8: Stop 8 Arrive at 8:07am. WSB leaves at 8:12am.
- g: Stop g Protection Ave. Arrive by 8:ogam. WSB leaves at 813am/WSB on East side of Route 2 will be crossed by police officer at crosswalk on Route 2. Continue walking on West side of Route 2.

#### 10: Stop 10

Arrive by 815. Students from AT foot bridge and houses near by can be crossed at this crosswalk to join WSB. WSB leaves at 818.

#### 11: Greylock School

Meet other WSBs and head into cafeteria for breakfast and coffee for volunteers.



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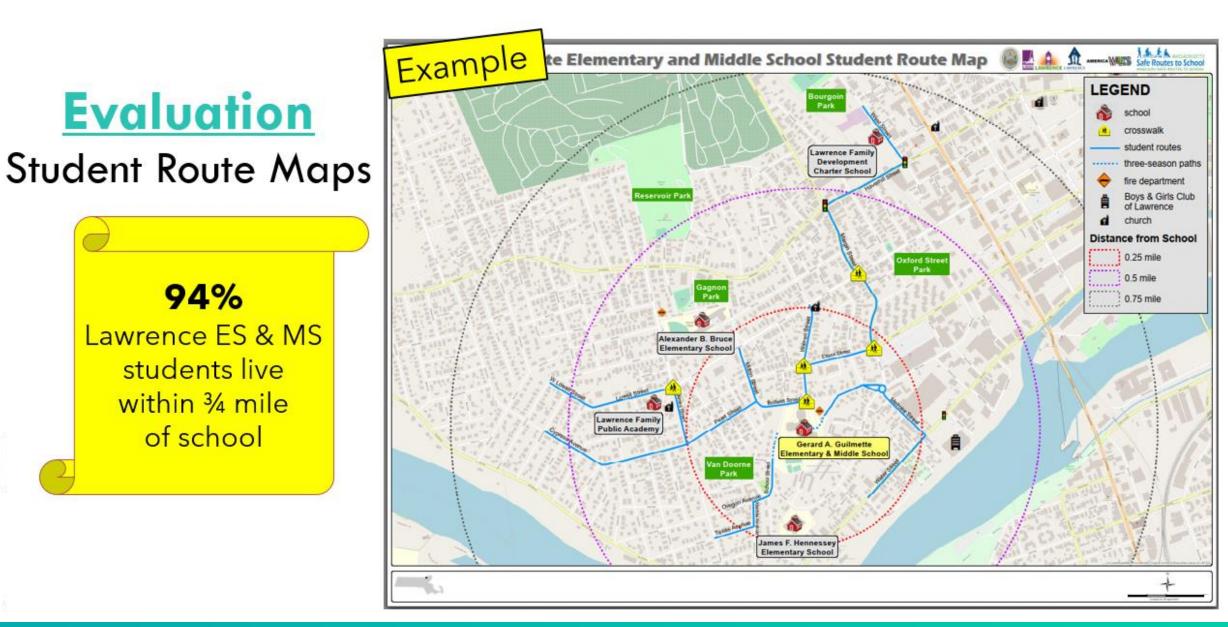
Walk to School Day will take place tomorrow, Wednesday, September 21st. Walk-to-school maps, including park and walk sites are available via the link below.

For Colegrove Park Elementary School/Church Street participants: parking is unavailable at MCLA. For those that need parking, a small shuttle will depart from the Colegrove parking lot at 7:40.

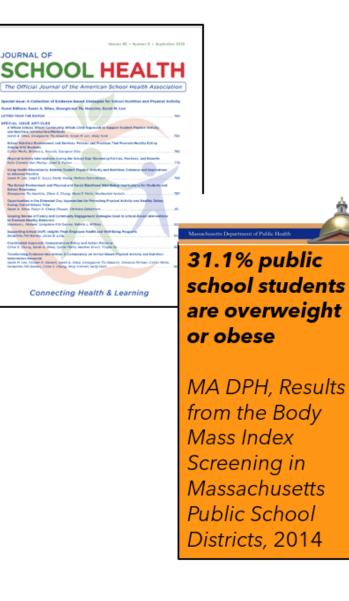












#### **Physical Activity**

#### **CDC Healthy Schools**

Adopt Policies and Practices to Increase Student Physical Activity During the School Day

Schools can use a Comprehensive School Physical Activity Program (CSPAP) to increase student physical activity before, during, and after school.

School-level PA policies, physical education (PE), and recess all offer opportunities for increasing PA during the school day.

- Provide classroom PA breaks
- Integrate PA into lesson plans
- Use active commuting options (such as Safe Routes to School and walking school buses)
- Implement a school-wide PA strategies, such as:
  - a district-mandated 20-minute PA policy
  - a school-wide structured walking program
  - a district-level fitness assessment policy
  - an Active School Day policy

Use a pre-packaged PE curriculum

Collection of Evidence-Based Strategies for School Nutrition and Physical Activity | Healthy Schools | CDC

https://www.mass.gov/doc/the-status-of-childhood-weight-in-massachusetts-2014-0/download#:~:text=school%20year%20on%20243%2C240%20students,were%20either%20orwei ght%20or%20obese.



#### **Physical Activity**

Facts: ✓ CDC recommends 60 minutes Physical Activity/day

✓ On average, a 3rd grader can walk ½ mile in 10 minutes

✓ On average, walking one block = one minute

If that student walked to/from school, then 2 (10 minutes) = 20 minutes/day OR 1/3<sup>rd</sup> of that student's recommended Physical Activity



#### **Social Interaction**









#### Walking School Buses & Bike Trains





#### **Flagship Days**

- October International Walk & Roll Day
- February Winter Walk & Roll Day
- May Massachusetts Walk & Roll Day

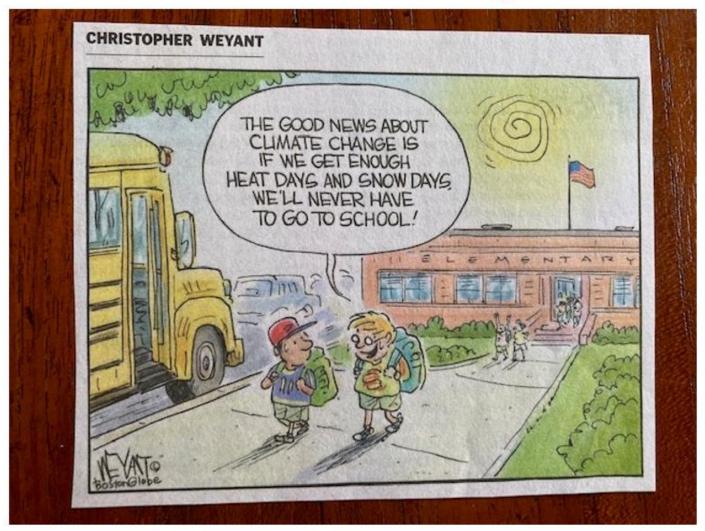








#### **Climate Change**







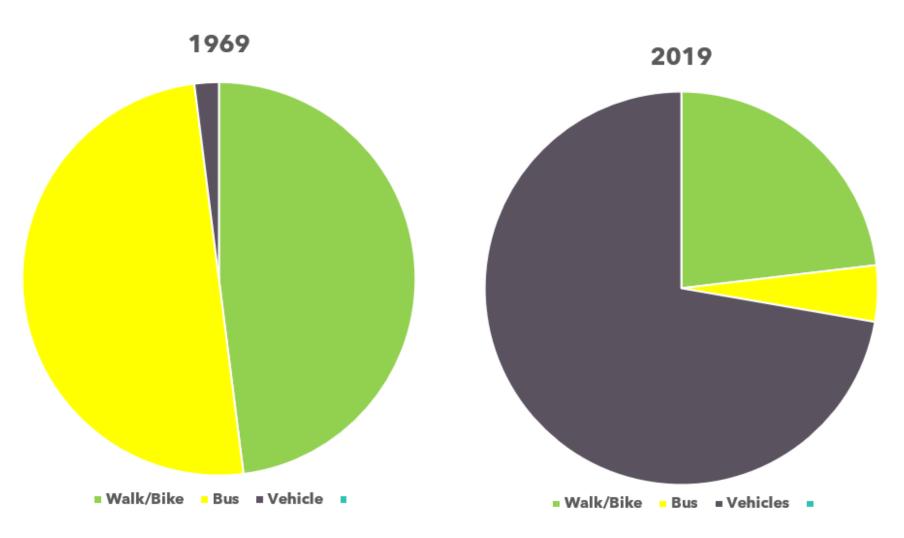
#### **Family Traffic**







#### **Student Transportation Today**





# What happened?

- Perceived convenience with 2+ cars in most driveways
- Parent queuing on public roadways
- Most school properties designed for walkers not drivers and less staff
- Parents fees for most "extras" including school buses
- New England has the highest US childhood asthma rate
- Everything climate change and carbon footprint
- New England Weather
- Chromebooks



MA Safe Routes to School Updates



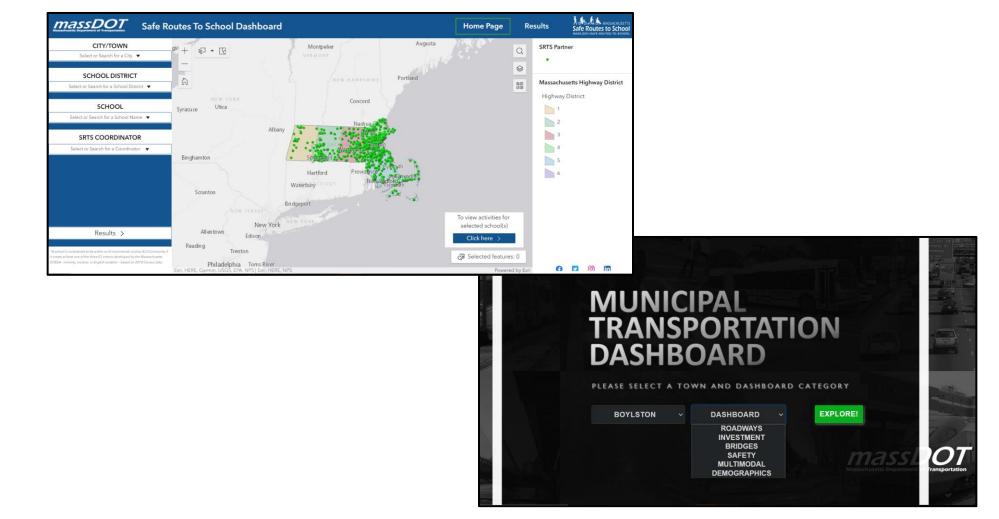
#### **Annual Report**





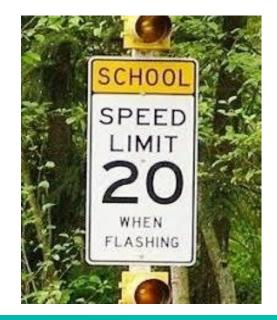


#### Dashboards















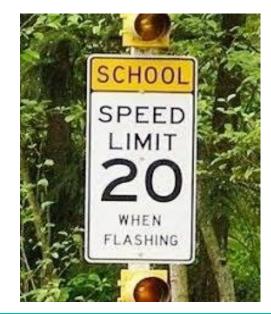


























































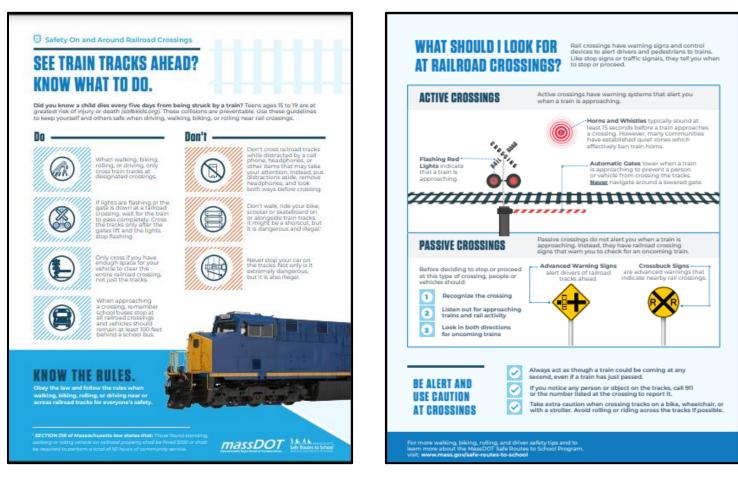
#### **Updated Parent Travel Survey**

English     E	lerstand your student transportation choices.
Massachusetts Safe Routes to School Family Travel Survey The Massachusetts Safe Routes to School Program partners with K-12 public schools throughout the Commonwealth to help reduce traffic congestion and air pollution near schools while working to improve student health, safety, and physical activity. Evaluating trends in how students and their families travel to and from school is a key component to understanding today's student transportation needs and developing sustainable and equitable solutions.	
	Maschuetts Department of Transportation





#### **Railroad Safety Tip Sheet**



#### **Available in 10 Languages**





#### **High School Activities & Resources**



 High School **Ambassador** 

 Car-free Day **Activities** 

 High School Video Contest





#### **High School Video Contest**



Can't Stop Motion - 2022 Millis High School https://www.youtube.com/watch?v=2Aq0gHgySGU

Signs Are Your Friend - 2022 Newton North High School https://www.youtube.com/watch?v=C5uIJOo7p5k



# **Educational & Volunteer Opportunities**







# **High School Ambassador Program**

### Organize/Participate in a Bike Rodeo

OGather StakeholdersORun a tableOHelp with bikemaintenance

### Advocate for more bike parking or improved infrastructure

MASS.GOV/SAFE-ROUTES-TO-SCHOOL

Encourage Age-Friendly participation in safe walking /biking



Massachusetts Safe Routes to School Ambassador Program

#### SRTS Ambassador Program – Certificate Tasks

Task	Points	Time
Participate Train the Trainer Event	Pre-Req	= 45 minutes
Watch the Bike Safety Assembly video	Pre-Req	= 45 minutes
Read On-Bike Curriculum Overview		
Read Pedestrian Safety Education Materials	Pre-Req	= 20 minutes
Read the Bike Rodeo Guide	Pre-Req	= 30 minutes
Conduct a Bike Rodeo at an Elementary or Middle School	4	= 60 minutes
Conduct a Bike Safety Assembly at an Elementary or Middle School	4	= 60 minutes
Conduct a Pedestrian Safety session at an Elementary School	3	= 45 minutes
Organize a walk and/or bike event at school	3	Varies
(Events include bike trains, walking school bus, and special walking/biking/rolling days)		
Create a short safety video for pedestrians or cyclists	3	Varies
(Inspire students to walk or bike and provide tips on how to be safe using active		
transportation. Content could be a music video, short story, animation, or any other type of video.)		
Assist in snow clearance nearby schools for safe routes	3	Varies
Participate in SRTS walk/bike audits and/or arrival/dismissal observations	3	Varies
Write an article in the school newsletter on the benefits of walking and/or biking	3	Varies
Encourage your High School to participate in the three SRTS flagship days	2 each	Varies
Other SRTS-focused activities approved by SRTS and the School	Varies	Varies
(Click the link for more activity ideas on the SRTS website)		
Total required	15	

Get Involved & Take the Pledge If you are a high school student enrolled at a participating high school and are interested in becoming an ambassador, contact your school's SRTS Liaison to submit your pledge.

Sign Up Your School for 2023-2024 Are you interested in offering this opportunity to your high school students? Let us know by <u>contacting your Outreach</u> <u>Coordinator</u>.

### Form/Expand a School Club

- Bike/Ped
- $\circ$  Vision Zero
- Sustainability

### Start a Bike Corral

- Farmer's Market
- Local events
- Library
- $\circ$  Park
- o School

Conduct Helmet Checks

Local events

Participate in Car-Free Activities

# DESE-Accredited Professional Development

#### MASSACHUSETTS SAFE ROUTES TO SCHOOL PROFESSIONAL DEVELOPMENT PROGRAM



The Massachusetts Safe Routes to School (SRTS) Program is excited to offer four Professional Development (PD) modules approved by the Department of Elementary and Secondary Education. Our PD Program focuses on encouraging students to take active and safe commutes to and from school and is categorized as Health & Wellness.

#### WHO SHOULD TAKE THIS COURSE

Teachers, Teacher Leaders, Principals, Assistant Principals, Curriculum Directors, Nurses, Coaches, Paraprofessionals, School Administrators, Advocates, and Community Partners.

#### WHAT TO EXPECT

The PD courses are a combination of online, self-paced classes and in-person instruction provided by an SRTS team member. Certificates of Completion are provided for each module, with a Professional Development Provider Certificate once ten hours are completed. Each module includes assessments and an evaluation.

#### How to Access

Visit https://gis.massdot.state.ma.us/forms/srts\_request/ and check the box "Request an SRTS
 Professional Development session for our educators"

afe Routes to School

- OR contact your Outreach Coordinator to get started
- DESE PDP Provider Number: S20210014

#### **COURSE OFFERINGS**

Safety Principles

#### MODULE 1: Understanding Safe Routes to School

5 hours of self-paced, online learning
Read and review SRTS materials such as "Equity Strategies for Schools," "Walking School Bus and Bike Train Guide," "Crossing

Guard Training," and more • Read and review bike and pedestrian safety education materials, including "On-Bike Curriculum Designed for Teachers and Instructors," "Bike Rodeo Guide," and more

MODULE 2: SRTS Bike Safety and Pedestrian

 Skills-based and non-skills-based learning for teaching pedestrian and bike safety to a

2.5 hours of in-person instruction

variety of age groups

- MODULE 3: Observation of Bike and Pedestrian Safety Training • 2.5 hours of in-person learning
- Observe bike and pedestrian safety sessions conducted by an SRTS Outreach Coordinator
   Conduct a live bike and pedestrian safety session

#### MODULE 4: Optional Learning and Program

- Experimentation
   2.5 hours of online and in-person learning
   Designed for staff not directly involved with
   bike and pedestrian safety sessions
- Review materials and explore options for implementing SRTS programming at your school

- Equity & Sustainability
- 10 hour or segmented program
- •DESE PDP Provider S20210014
- Self-paced, online, and in-person modules

## • December 6<sup>th</sup> Informational Session:

https://www.mass.gov/event/safe-routes-to-school-professional-developmentinformation-session-2023-12-06t120000-0500-2023-12-06t130000-0500





# **Pedestrian Safety**

## **DESE-approved Pedestrian Safety Curriculum**

- Skills-based, classroom curriculum
- Lessons consist of sidewalk, crosswalk, and parking lot safety
- Held outdoors on school property







# **Bicycle Safety**

### Bicycle Safety Curriculum

- Non-skills based and skills-based curriculum
- Lessons consist of personal safety, bike safety, and rules of the road











## Safe Routes to School Case Studies

#### Safe Routes to School Walking **School Bus** Fall River CASE STUDY

EDUCATION ENCOURAGEMENT ENGAGEMENT EVALUATION ENGINEERING EQUITY URBAN RURAL SUBURBAN

#### Background

MassDOT's Safe Routes to School (SRTS) Program helps School Partners establish Walking School Buses and provides support to sustain these fun, active commutes for students. We create maps to plan the best routes based on student. origin/destination and offer tips on structure, safety, staffing, and supervision. Check out our Walking School Bus and Bike Train Guide for step-by-step instructions to set up a Walking School Busi

#### Overview

Mary Fonseca Elementary School is located in an urban setting, where about 73% of students live within a one-mile walking radius. A partner school since 2011, Fonseca Elementary launched its staff-led Walking School Bus (WSB) in 2016. The WSB was aided by a School Wellness Coordinator from the community and followed in the footsteps of other schools in the district, including the Letourneau and Doran Elementary Schools.

#### The Story

 Every day, staff members clad in safety vests pick up students along a designated walking route

The COVID-19 pandemic and the switch to remote learning led to a pause in the WSB, but they re-launched in the spring of 2022

The staff-led nature of this WSB and its district's administrative support ensures this program's sustainability

 As students and their families age out of elementary school, incoming students can experience the benefits of safe, active transportation with the help of the dedicated staff

#### massDOT

Learn more at mass.gov/safe-routes-to-school

### Bike Rodeo CASE STUDY

EDUCATION ENCOURAGEMENT ENGAGEMENT EVALUATION ENGREERING EQUITY | LIRBAN RURAL SUBURBAN

#### Background

MassDOT's Safe Routes to School (SRTS) Program offers bike rodeos designed to fit the specific needs of a school or community. We provide support throughout the radeo planning process, instructors to teach students rules of the road and safe cycling skills, and our Bike Rodeo kit with cones, cardboard road signs, and spray chalk to create an interactive loop course.

#### Overview

The Canton Farmers Market hosted a summer Bike Rodeo. building on two years of bike safety days at the market. They partnered with bike-centric groups and community partners, including Canton's Walk, Bike, Hike Committee, the Canton Police Department, the Southeastern Massachusetts Chapter of the New England Mountain Biking Association, the Cub Scouts, and the Canton Public Library SRTS coordinated the education portion with partner MassBike. The Canton Farmers Market and community partners promoted the event and encouraged pre-registration.

#### Lessons Learned

- Attendance for this summer event was a challenge because students did not have access to their school's communication network
- Some attendees were too young to grasp the billing skills. being taught, so age groups or specific timed sessions

could aid instruction Balance the number of volunteers with the number of registrations

 Establish roles and expectations with volunteers to best engage their skills and experience for the benefit of students

#### massDOT

Learn more at mass.gov/safe-routes-to-school



Canton

A A MASSACHUSETTS

Safe Routes to School

#### Impacts



group of bike-friendly stakeholders set the foundation for future stronger community







Impacts

Students gain personal independence and a

A safe, supervised

commute reduces

absenteeism for students

walk with them to school

whose families cannot

chance to be physically active before the start of the school day

## Yard Sign Contest

## 2023 - Slow Down in School Zones







# 2023 Annual Safe Routes to School Award Ceremony



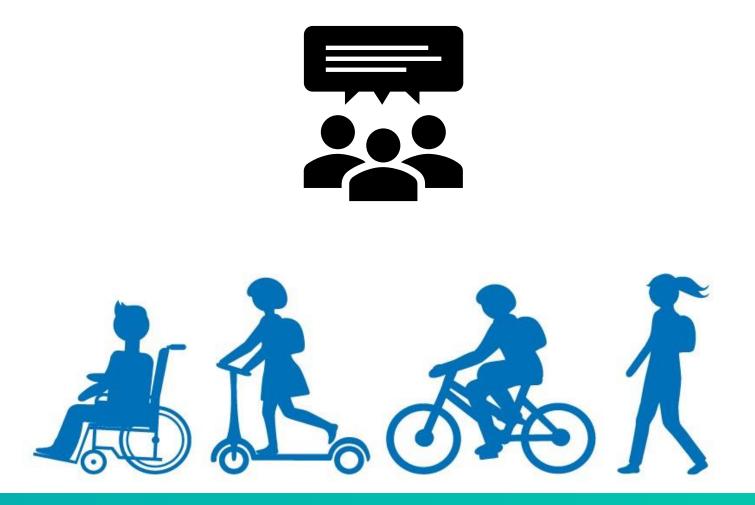








https://gis.massdot.state.ma.us/forms/srts\_request/







# **Upcoming SRTS Events**

### Annual Yard Sign Contest January 8 – February 23

### 2023 Winning Designs



### **MA SRTS Webinars**

August 23 & 24 December 6 January 24 April 23



## Crossing Guard Appreciation Day March 1-20





## **Infrastructure Project Funding Programs**

## • Signs and Lines Grants

- \$10K reimbursement to the municipality and approximately \$4K additional benefits in assessment and AECOM design services
- New signage, removal of signage, crosswalk improvements, pavement markings
- FY24 awardees: Barnstable, Haverhill, Marblehead, New Bedford, Worcester

### <u>Safe Routes to School Infrastructure Grants</u>

- \$300K to \$2 million projects
- Sidewalk improvements, traffic calming, crossing improvements, on- and off-street bicycle & pedestrian facilities, traffic diversion
- FY24 awardees: TBA



## Supporting Our Student Commuters



