SAN LEANDRO UNIFIED SCHOOL DISTRICT
San Leandro, California

Resolution No. 11-42
International Walk or Roll to School Week
October 3-7, 2011

Whereas, walking is a fun and enjoyable activity, low-cost, and one of the easiest ways a person can increase his or her physical fitness; and

Whereas, Walk and Roll to School Week emphasizes the message of building healthy bodies and strong communities and raises awareness about safe walking and biking, increasing physical activity among children and families, and protecting the environment; and

Whereas, increasing the numbers of adults who walk instead of drive whenever possible benefits the environment by cutting down on traffic congestion and air pollution; and

Whereas, a lack of physical activity plays a leading role in rising rates of obesity, diabetes and other health problems among children and being able to walk or bicycle to school offers an opportunity to build activity into a daily routine; and

Whereas, an important role for parents and caregivers is to teach children about pedestrian safety and become aware of the difficulties and potential challenges that children face on their trip to school each day; and

Whereas, parents and caregivers can teach children the health and environmental risks related to physical inactivity and air pollution; and

Whereas, hundreds of children could be saved each year if communities take steps to make pedestrian safety a priority; and

Whereas, children, parents and community leaders around the world are joining together to walk to school and evaluate walking and bicycling conditions in their communities;

Now Therefore, Be It Resolved that the Superintendent and the Board of Education of the San Leandro Unified School District proclaim October 3-7, 2011, as "International Walk or Roll to School Week", and October 5, 2011, is designated as "Walk or Roll to School Day", and encourages everyone to consider the health and safety of children this week and every week throughout the year.

Passed and adopted by the Governing Board of the San Leandro Unified School District on the 20th of September 2011.

Morgan Mack Rose, President	Cindy Cathey, Superintendent