



Some Fun Things!

Participating schools will be joined by The Hudson TMA's mascot, "Buster the Bus" for their first walk!!!

After their walk, students are rewarded with a fun and educational assembly – with prizes and teacher participation!

You can also form your own "Walking Bus to School", with the furthest family starting the trip, "picking up" other parents and children who are lined up at pre-arranged "bus stops." At no cost the TMA will outreach to families, meet with your PTA/PTO, organize walking groups, and plan the routes to school.

Call the Hudson TMA at 201.324.6201 for help in getting started.



Hudson Transportation
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A Division of the Hudson County
Improvement Authority

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The Hudson TMA is dedicated to
promoting sustainable transportation in
Hudson County by working with commuters,
employers and municipalities.



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Here's How it Works:

Contact the Hudson TMA to schedule our Walk to School program. We will provide a 30 minute interactive presentation, "Walk More and Walk Safely" to children in grades K to 3.

The day of the presentation, a short ceremonial walk to school is planned which will involve the children and their parents or guardians. On that day, thirty minutes before the morning bell, children and their family members meet the TMA staff and their mascot, Buster the Bus, at a designated spot close to school. All walk to school together, holding signs promoting walking and pedestrian safety. Once the group arrives at school, the children line up or enter on-time as they normally would each day.

Why Walking Matters...

Walking to school promotes safety, better health and a concern for the environment. It is a great way to increase physical activity among children. Studies have shown that activities such as walking to school improves concentration and performance during the school day. It also affords families an additional opportunity to spend time together while teaching their children important pedestrian skills.

Childhood obesity rates have more than tripled in the past 30 years, while the number of children walking and biking to school has declined. According to the National Household Travel Survey, less than 16 percent of students between the ages of 5 and 15 walked or biked to or from school, compared to 42 percent in 1969.

The Walk to School program can be maintained throughout the year by supporting a Walking Wednesdays program. The TMA can assist in its implementation.

We would like our Hudson County children to join the millions of school children from 37 countries who celebrate and participate in the International Walk Your Children to School program.

**Bring the
Walk-to-School
Program to
Your School!**

'Walk-to-School' Program

The Hudson Transportation Management Association (TMA) works at lessening vehicular traffic and reducing toxic auto emissions in the air we breathe. We are encouraging parents to walk their children to school rather than drop them off by car. We can improve the health and safety of our children, as well as our own, by walking them to school as often as possible.

Walking Does All This!

- Promotes Physical Activity
- Protects our Environment by Cutting Down on Pollution
- Reduces Traffic Congestion Around our Schools
- Teaches Safe Walking Practices
- Encourages Families to Spend More Time Together



Call the Hudson TMA at 201.792.2825 or email us at info@hudsontma.org