



## 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 prearranged "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 201.324.6222 for help in getting started.**

Thomas A. DeGise  
Hudson County Executive



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A Division of the Hudson County  
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## WALK-TO-SCHOOL PROGRAM

Help foster a healthy lifestyle for our children!



Sponsored by Hudson TMA  
A Division of the Hudson County  
Improvement Authority

201.324.6222 [www.hudsontma.org](http://www.hudsontma.org)



## Here's How it Works:

Contact the Hudson TMA to schedule our Walk to School program. It begins with the TMA providing the school with information for children in grades k to 3 to bring home to their families explaining the benefits of walking and encouraging walking to school.

Also included is an invitation to join the TMA in a special Walk to School Day. Children and their family members who signed up for this walk will meet the TMA staff and their mascot, "Buster the Bus" at a predetermined point not far from the school. Children, family members and the TMA will then complete the walk to school carrying banners and signs provided by the TMA promoting walking, improving the environment and pedestrian safety.

Once the group arrives at school, the children line up or enter school at their regular time as they normally do each morning. After morning announcements, the TMA provides a 30 minute interactive presentation, "Walk More and Walk Safely" to all children in grades K to 3. The presentation is fun, educational and even encourages teacher participation! All students receive a pedestrian safety activity book.

## 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.

**Get your school involved today!**

## Hudson TMA and the "Walk-to-School" Program

The Hudson Transportation Management Association (TMA) works to reduce vehicular traffic and congestion, lesson automotive carbon emissions and improve safety. The Walk to School program, with the support of our schools, encourages family members to walk their children to school as often as possible to improve the health and safety of our children.

## 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
- Improves Academic Performance in School

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



Call the Hudson TMA at 201.324.6222 or e-mail us at [info@hudsontma.org](mailto:info@hudsontma.org)

