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## **FOR IMMEDIATE RELEASE**

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### **FAMILIES URGED TO GET ON BOARD THE “WALKING SCHOOL BUS”**

Community Partnership for Families of San Joaquin/CUFF FRC  
Seeking More Parent Volunteers

STOCKTON, CA (October 18, 2011) – October is Walk to School Month. Today, fewer children walk to school and more children are at risk of becoming overweight. Changing behaviors of children and adults requires creative solutions. Implementing a “Walking School Bus” (i.e., when groups of children walk to school together accompanied by adult volunteers) can be safe, fun, and healthy for children and adults.

Walk to School events work to create safer routes for walking and emphasize the importance of increasing physical activity among children, teaching pedestrian safety skills, reducing traffic congestion, protecting the environment and building connections between families, schools and the community. The goal is to have the children be more physically active, and arrive safely to school, in-time for a healthy school breakfast, and ready to learn.

The Dorothy L. Jones Community and Health Center/CUFF FRC is stepping-up to the challenge by engaging parents and children from three (3) South Stockton schools to participate in a “Walking School Bus” activity. The initial “Walking School Bus” heads to Martin Van Buren Elementary School the week of October 17-21. On Monday, October 24<sup>th</sup>, groups start walking to Alexander Hamilton Elementary and Monroe School, with plans to continue for the rest of the school year.

Walking regularly can be especially challenging for working parents, those with children at multiple schools, and parents with mobility issues. Group trips to school can be made a lot easier when local parents, relatives, and community members take turns sharing responsibilities.

The CUFF Family Resource Center is actively recruiting additional dedicated parents and/or relatives to join the walking school bus team. Interested parents, relatives and other community members are encouraged to contact Adriana Garcia at (209) 444-5526, for more information or to sign-up this activity. You, your children and the community will reap the benefits.

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