

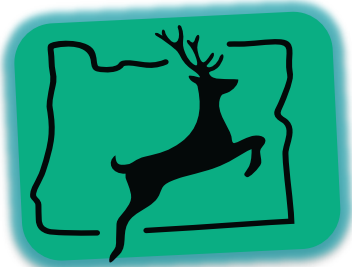
# Safe Routes TDM Programs: Pre-COVID -> 2021



WE KEEP PORTLAND *MOVING.*



**PBOT**  
PORTLAND BUREAU OF TRANSPORTATION



## Portland, OR

Pre-COVID

Remote learning

Back to  
in-person school

### SmartTrips to School

- \* paper order form
- \* in-person delivery

### RECESS

- \* paper mailer
- \* online, at-home activities

### Texting Campaign

- \* no mail
- \* all virtual

# SmartTrips to School

- \* paper order form
- \* in-person delivery

Biking

Walking

Transit

Kindergarten & 6<sup>th</sup> grade SmartTrips

Transition years,

new schools,  
new habits

Commuting

Order Information!

## Let's GO to KINDERGARTEN!

Starting Kindergarten is an important life step for a child and their family! It's also when families begin to create healthy lifelong habits, like getting daily exercise and spending time together. Trips to and from school are a great opportunity to do both.

Get all the FREE information you need to walk, bike, scooter, ride the bus, and drive to school safely. Order by November 1st. Both you and your kindergartener will benefit!

Order online!  
SmartTripsToSchool.com

Check the boxes to order. Everything is FREE!  
Let's get MOVING with our kids!

### WALK, BIKE & ROLL

- ☐ Walking Kit Simple tips for crossing safely
- ☐ Let's Walk to School! A coloring book
- ☐ Biking Kit All you need to get started biking together
- ☐ Safety on Wheels A coloring & activity book

Kid-friendly activities included!

### PUBLIC TRANSIT

- ☐ TriMet Trip Kit Get connected to TriMet, including tips on traveling with kids
- ☐ Portland Streetcar Route map & how to ride
- ☐ School Bus Safety Tips

### DRIVESMART RESOURCES

- ☐ DriveSmart Kit Make sure you know all about idling, booster seats, and how to include some walking when you can.
- ☐ Carpool to School Ideas for sharing rides with other school families

### FREE GIFTS!



☐ SAFETY LIGHTS  
Easily attach to bags, bikes, and more



☐ REFLECTIVE SAFETY STICKERS  
Brighten up helmets, scooters, bikes, and bags with these durable decals from RydeSafe

☐ WATER BOTTLE  
16-oz., BPA-free, with screw-on lid

Sign up for Safe Routes to School email news!  
One email per month with fun updates and tips.

☐ Yes, please!

Parent/Caregiver Name: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

City: Portland

State: OR

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

My kindergartener's school: \_\_\_\_\_



## WALK BIKE BUS SCOOT SKATE RIDE!

### HOW DO YOU GET TO SCHOOL?

Students across Portland travel to school in lots of different ways: they walk, bike, scooter, skateboard, ride the bus, and more. When you choose active transportation – like walking and biking – you help to reduce pollution and increase safety around your school. Staying active also benefits your health and well-being. Try using active transportation to get to school, around your neighborhood, and across the city.

### NOT SURE WHERE TO BEGIN? Never fear, Safe Routes to School is here!

We have lots of cool, free resources for you and your parents to learn more about different ways to get around.

Check the boxes below to get your FREE STUFF. But first, tell us a little about yourself:

Student Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

School: \_\_\_\_\_

Home Address: \_\_\_\_\_ Apt # \_\_\_\_\_ Zip: \_\_\_\_\_

Parent E-mail Address: \_\_\_\_\_ Parent Phone #: \_\_\_\_\_

I WANT TO LEARN MORE ABOUT:

- ☐ WALKING how to stay safe & be independent
- ☐ BIKING how to bike in traffic & be prepared
- ☐ ROLLING where to skateboard & how to get started
- ☐ PUBLIC TRANSIT all the details to master the system

Each student order will come with a PARENT KIT of resources to inform and inspire the whole family to get moving!

### one more thing...

Would you like to learn how other kids are using walking, biking, & rolling to spark change in their community? We'll share some ideas. ☐ YES!

☐ TRIMET YOUTH HOP FASTPASS  
your own youth HOP card pre-loaded with \$2.50



☐ SAFETY LIGHTS  
easily attach to bags, bikes, and more (batteries included & replaceable)



☐ BE BRIGHT, HAVE FUN  
flash up your gear with this pack of reflective stickers, shoelaces, & emoji keychain



Order by May 10!



SAFE ROUTES to School

## GETTING TO SCHOOL CAN BE A LOT TO THINK ABOUT...

DO I  
NEED  
TO:



carry an  
instrument?



catch a  
bus?



bring a  
jacket?



park my  
bike?



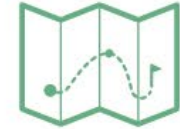
practice  
after school?



bring my  
siblings?



get a ride  
with a friend?



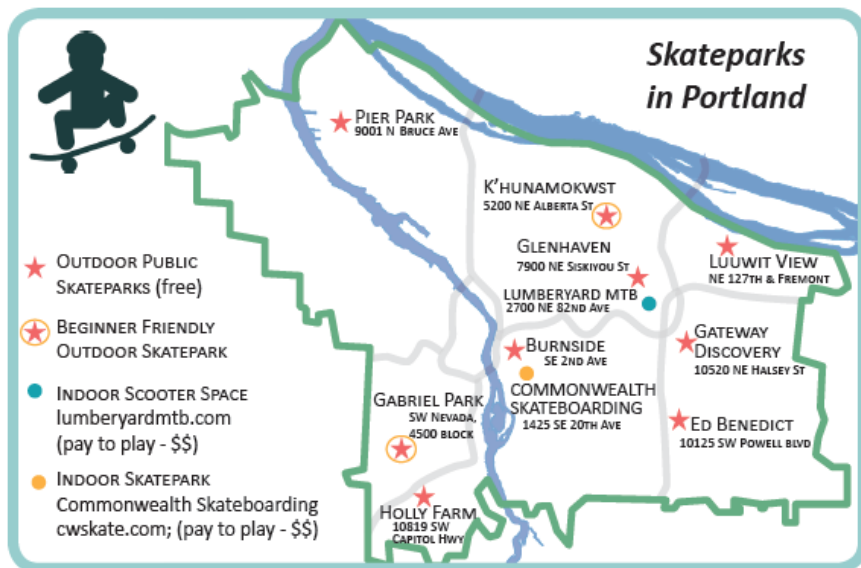
find a  
better route?

However you get there, we have tools to help!





STUDENT EDITION



White silicone white light

Red silicone red light

## Understanding your map

In order to use your map, there are a few key parts to understand.

(To get a free Portland neighborhood map, visit [PortlandOregon.gov/transportation/AT](http://PortlandOregon.gov/transportation/AT))



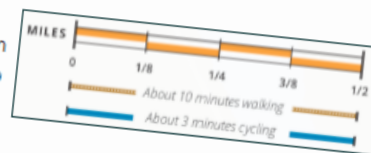
- **North arrow or compass:** This symbol points in the direction of north on the map. When north is at the top of the map, west is on the left, south is at the bottom, and east is on the right.



- **Legend:** The legend explains what all the symbols mean on the map, including which streets are good for walking & biking, where to find a post office, and more.



- **Scale:** The scale shows you how much space on the map corresponds to distance on the ground.



Portland neighborhood maps also provide an estimate for how long it might take to walk or bike a given distance.



<p>Beyoncé</p> 	<p>Prince</p> 	<p>Frida Kahlo</p> 	<p>Lionel Messi</p> 
<p>David Bowie</p> 	<p>Everyone uses some form of transportation every day, even celebrities. Imagine you could talk to these famous people and characters—what would they have to tell you about traffic safety?</p>  <p>Match each individual to the fictional statement on the right that sounds like something they might say.</p> <p><i>Answers on the other side!</i></p>		<p>Harry Potter</p> 
<p>Albert Einstein</p> 	<p>Rihanna</p> 		
<p>Ruth Bader Ginsberg</p> 	<p>Lebron James</p> 	<p>Yoda</p> 	<p>Edgar Allan Poe</p> 

### Celebrity Quotes

- A. 20 is plenty for my little red corvette, and not even purple rain can stop me from biking to school.
- B. Don't forget to bring your umbrella, ella, ella when it's raining.
- C. My friends and I always use the *Lumos* spell to light our way to the bus stop.
- D. Ground Control to crossing guard: we can be traffic heroes!
- E. Legally, every corner is a crosswalk. I accessorize with a bright, reflective collar when walking to help drivers see me.
- F. When riding my bike, I always make sure to pass on the left, on the left.
- G. I don't travel on the court, but in between games I always wear my helmet when I ride my bike.
- H. Look both ways before crossing, you will.
- I. Travel the way you want to go because you know yourself best.
- J. Once upon a midday dreary, as I skated, weak and weary, over many a hill and puddled path, I forgot my raincoat. Nevermore!
- K. A bicycle kick is my specialty on the field but I prefer rollerblades for getting around.
- L. E-scooter = mobile capacity squared!

## RECESS

- \* Paper mailer,
- \* online, at-home activities



## Playing RECESS is easy!

1

Take breaks during the school day



2

Track your activities each month



3

Feel good. Win prizes!



RECESS activities focus on 6 areas that benefit your body and mind while learning from home.



### Refresh

Reduce stress, relax, and give your mind a break. These activities help lower blood pressure, heart rate, and sharpen your focus for the next round of classes.



### Energy boost

Aim for 60 minutes of movement each day! PE, playing sports, dancing, biking, or going for a walk are all good ways to keep your heart and lungs healthy, circulate blood flow, and get a good night's sleep.



### City explorer

Traveling to school or even out of the country doesn't happen much right now. Stretch your brain and learn about getting around -- everywhere!



### Extra-curricular

Doing nice things for others causes our brain to release endorphins, which can reduce stress, relieve pain, and basically make you feel pretty good. Everyone wins!



### Strength

You don't need weights or special skills to build muscle, bone strength, and prevent injuries. Strength training also boosts confidence and mental health.



### Stretching

Beyond flexibility, stretching moves oxygen and blood through your body, calms your mind, and reduces stress. It's a quick way to reset when you feel tired.



# HOW TO PLAY

When it's time to take a break:

- 1 **Choose one activity** from any RECESS category
- 2 **Do the activity!** Write the category in the RECESS Tracker
- 3 **Repeat steps 1 and 2** at the next break. Do this 4 times a week for the Tracker, but more if you can!
- 4 **Turn in your Tracker** at the end of the month. Two ways to submit:

Mail it to us! Fill out all the information to earn a prize and enter the monthly raffle drawing.



Submit your information online with a short form. [bit.ly/recesstracker](https://bit.ly/recesstracker)



SCAN ME

Opt in for text reminders by **texting the word RECESS to 31996**. Get permission from a parent or guardian first! Data rates may apply.



## Refresh



- Write down 3 things you are grateful for; post where you can see it.
- Set aside all technology for 20 minutes; read, write, draw, or go outside.
- Visualize tracing the outline of shapes with the inhale and exhale of your breath for 3-5 minutes.
- Go on a short walk or just sit quietly. What do see, smell, and hear?
- Write positive affirmations for your week. Start with "I am," then add a positive statement about yourself. Repeat them daily to train your brain!  
*Example: I am a good friend, or I am doing my best at school.*



## Energy boost



- Pick out 5 of your favorite high energy songs and dance!
- Go outside for a neighborhood walk, jog, bike ride or skate
- Here are some ideas for a quick energy boost:



Bear crawl - walk like a bear forwards & backwards; move feet and hands together, keep back flat



Free Sworkit exercises

- Cardio Fun
- Quick Agility Training

[bit.ly/recessenergy](https://bit.ly/recessenergy)

Master these dance steps by Hip Hop Soulstation Academy in East Portland

[bit.ly/recesshiphop](https://bit.ly/recesshiphop)



SCAN ME

## City explorer



- Look ahead to when we go back to school. Plan a route to campus by foot, wheels, or on a bus or train. Maps & TriMet site available in link below.
- Pick an intersection or street crossing near you that feels unsafe. What would you do to make it feel better when you cross? Draw or write what changes you would make.



- Design a virtual street using Chicago's Design a Street site

Short videos:

- Spotlight on Colombian BMX rider, Julián Molina
- Learn how to load your bike onto a TriMet bus
- How a phone app can help people with visual disabilities access transit

[bit.ly/cityexplorer](https://bit.ly/cityexplorer)

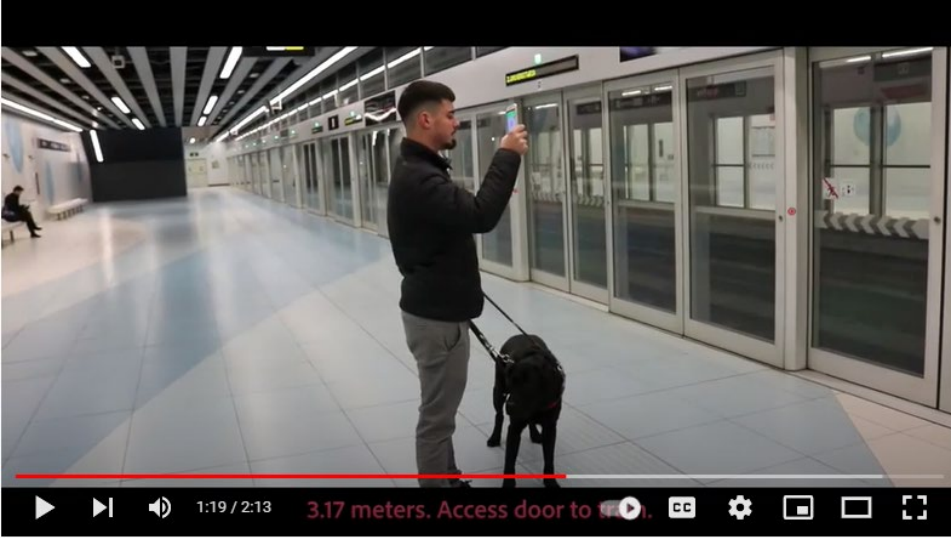


SCAN ME





The Inspirational Story of a One-Legged BMXer | Julián Molina

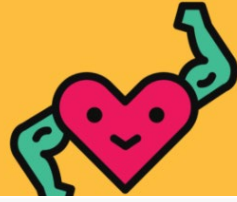


NaviLens in Metropolitan Transports of Barcelona

**S**trength



**E**nergy  
boost



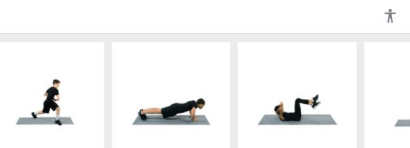
**S**tretching



SWC  
Kill



Greenwav Shuffle Full Demo and Tutorial





Safe Routes to School  
RECESS Program  
Abra McNair  
5/14/21  
saferoutes@portlandoregon.gov

Hi Tanner,

We've received your March RECESS Tracker Card. We know, we're running behind! But thank you, and great work! You took on RECESS while schooling from home during the COVID-19 pandemic. We hope you keep doing activities that you enjoyed, and take some time to refresh.

A few things before we sign off and get ready for sunshine and summer:

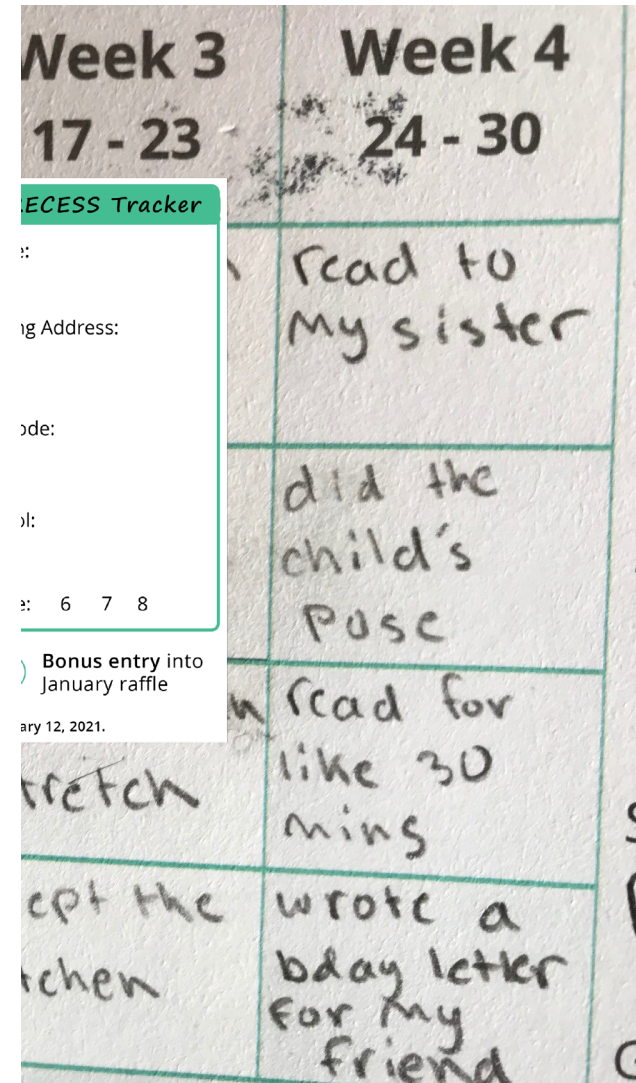
- Your reflective fun pack is included. Go light up your gear! *Design your own sticker with the included plain gray square.* It should stick to shoes, jackets, bikes, skates, and more.
- Go to [bit.ly/surveyRECESS](https://bit.ly/surveyRECESS) or scan this QR code —————> to take a short, 3-minute survey. Help us make RECESS better!
- Visit [bit.ly/movePDX](https://bit.ly/movePDX) to find great places to get outside this summer:
  - Covered areas to rollerskate, rollerblade, or skateboard
  - Portland bike maps
  - Outdoor bike trails and pump tracks
  - Neighborhood scavenger hunts, and more!



From, **The RECESS Team**

Abra, Renata, and Shaina — shown below with some of our own RECESS activities

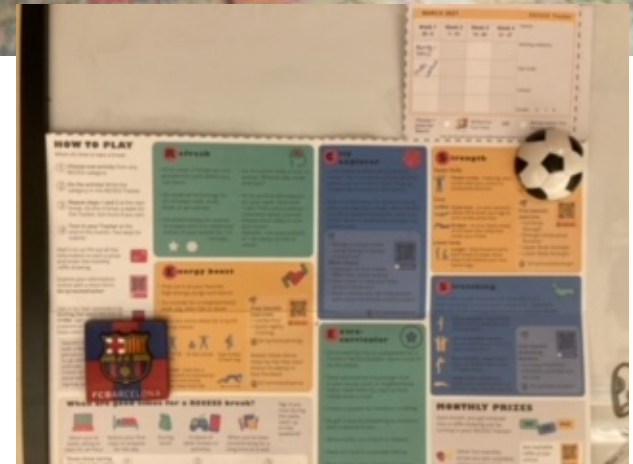
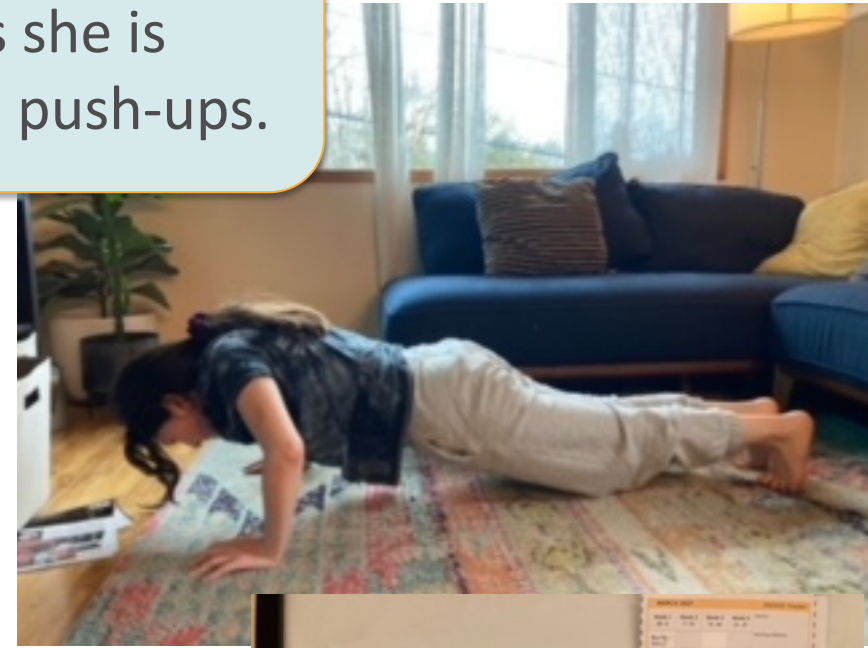
Abra — rollerblading and roller skating; Renata — bike rides with friends; Shaina — sewing her own masks



Thank you for making this activity available for kids :) It has definitely been a motivator to keep moving and get exercise for Karin.

Olivia is very proud of the progress she is making with push-ups.

Thank you for doing this program. He spends a lot of time on screens with attending school and homework, plus it's his only way to spend time with some of his friends from school who he can't see in person right now. Any additional positive reinforcement for the non-screen activities he is already doing, as well as encouragement and ideas to do more, is most welcome!



## Texting Campaign

- \* No mail
- \* all virtual

- Facebook,
- Instagram posts
- School newsletters

It's been a while since most students were regularly traveling to school—**18 months!**

That's plenty of time for our routines to change.

**At a new school?** Do you have a good route to get there?

**Riding?** Do your tires have air and you know where your lock is?

*We can help you get ready.*

**Text BACKPACK to 888-520-0526**

- We'll send short quizzes and tips to help you prepare.
- Signing up enters you into drawings for gift cards and prizes!
- Show up for school feeling relaxed and ready.
- Expect one text per day. Opt out at any time.

Multnomah County

CITY OF GRESHAM OREGON

bike works by pear

Oregon Department of Transportation  
Safe Routes to School

PBOT  
PORTLAND BUREAU OF TRANSPORTATION

Back to school looks different this year. *We are here to help.*

PK-5 Parents & Caregivers:

**Text SCHOOL to 888-520-0526**

Signing up enters you into drawings for gift cards and prizes!

10,328 views

Username instagram template #template

View all 323 comments

5 days ago



BACKPACK

Hi, this is the Safe Routes to School team! We have 2 questions to get started. What is your school district? Reply with A or B  
A: PPS B: Parkrose, David Douglas, Centennial, Reynolds

A

Great, thanks! What is the name of your school?

	Day 1 (8/26 for PPS)	Day 2 (8/27) PPS	Day 3 (8/29)	Day 4 (8/30)	Day 5 (8/31)	Day 6 (9/1) 1st day!	Day 7 (9/2)	Day 8 (9/3)	1 Oct							
K 5 English	Just like a school supply list, make a checklist of daily things needed for school mornings: water bottle, masks, helmet, etc. Post it by the door & go!	Travel your route to campus at least once before school starts, like a dress rehearsal. It can calm nerves or build excitement for kids AND adults!	It's recommended to leave earlier than usual the first week back to school. This allows for flex time & maybe a bonus break for adults before the next task.	If your child is anxious about walking or riding together (while distanced) with friends can be a fun way to ease the stress.	There are so many unknowns about in person school this year. Focus on what you can control: routines, preparing as best you can & being there for your kid.	We hope your first day of school went well! Our first prize drawing will be today & we will contact winners soon. Revisit prizes, rules & info at slkt.io/BVJD	What's 1 word you would use to describe school drop off? If it's not dreamy or relaxed, avoid it & park a 5 min. walk from school. Save gas & get some steps in.	Celebrate getting through the first few days of school, we all deserve it! With so many changes to navigate, let's focus on wins. What was your win this week?	Hi, it's been a while! If your trip to school needs a refresh, we have resources: slkt.io/ESWY. Also, 1 more prize drawing left. We'll text new winners soon!							
K 5 Spanish			Day 1 (8/29 for PPS)	Day 2 (8/30) for PPS	Day 3 (8/31)	Day 4 (9/1) 1st day!	Day 5 (9/2)	Day 6 (9/9)	October 4th message							
			Practique la ruta a la escuela al menos una vez antes del comienzo de las clases. Es útil y divertido para adultos y niños.	Hay tantas preguntas. Informese sobre COVID19 y la seguridad de sus hijos cuando regresen a la escuela: <a href="https://www.multco.us/novel-coronavirus-covid-19/covid-19-safety-ty-children">https://www.multco.us/novel-coronavirus-covid-19/covid-19-safety-ty-children</a>	Se recomienda salir antes de lo habitual la primera semana de regreso a clases. Nuestro primer sorteo será hoy. Enviaremos mensajes de texto a los ganadores.	¡Esperamos que su primer día de clases haya ido bien! Nuestro primer sorteo será hoy. Enviaremos mensajes de texto a los ganadores.	¿Cuál es una palabra que usaría para describir el tráfico escolar? Si no es "glorioso," saltelo y estacione 5 min. caminar desde la escuela.	Disfruta los últimos fines de semana con el clima caluroso. El grupo ABC en Cully nos muestra cómo hacerlo: <a href="https://slkt.io/CHmP">slkt.io/CHmP</a>	¿Cómo sigue el viaje a la escuela? Esperamos que todo este bien. Todavía quedan premios y contactaremos a los ganadores pronto.							
6th 12th	Day 1 (8/26 for PPS)	Day 2 (8/29)	Day 3 (8/30)	Day 4 (8/31)	Day 5 (9/1) 1st day!	Day 6 (9/2)	Day 7 (9/3)	October 5th message								
	Hey it's Safe Routes! Let's talk route planning for your trip to school. Does Google maps know it all? Take this 4 question quiz to find out: LINK	Going back to in person school is a big change in our routines. Visualize owning your first day back in class, just like these Olympic athletes: <a href="https://slkt.io/BBv8">slkt.io/BBv8</a>	Street safety is more than just using crosswalks. It's also about how to respond when something uncomfortable or scary happens. Try this quiz:	Planning ahead reduces stress. Limit first day jitters by getting ready tonight. Lay out everything you need to get to school tomorrow & share a photo with us!	We hope your first day of school went well! Our first prize drawing will be today & we'll contact winners soon. Revisit what you can win at <a href="https://slkt.io/BVik">slkt.io/BVik</a>	Short weeks mean it's almost the weekend. Be purposeful in making time to rest: spend some time outside & do things that make you feel energized & inspired.	School traffic clogs up our air & streets. Hip Hop Soulstation reminds us that we can help our community & climate by walking, rolling & riding: <a href="https://slkt.io/CeJ5">slkt.io/CeJ5</a>	Hi! It's been a minute. Just in time for Walk + Roll to School Day tomorrow we're doing our final gift card drawing. We'll text the winners. It's also getting darker outside! You can order a free set of safety lights here: <a href="https://slkt.io/FilU">slkt.io/FilU</a> Happy fall! We hope school is going well.								
Links	<a href="https://www.surveymonkey.com/r/V39X3DV">Link: https://www.surveymonkey.com/r/V39X3DV</a>	<a href="https://mind.olympicchannel.com/visualisation/">https://mind.olympicchannel.com/visualisation/</a>	<a href="https://www.portland.gov/transportation/safe-routes-school/school-back-school-text-win#toc-what-can-i-win">Personal Safety on the way to School Survey (surveymonkey.com)</a>	<a href="https://www.portland.gov/transportation/safe-routes-school/school-back-school-text-win#toc-what-can-i-win">https://www.portland.gov/transportation/safe-routes-school/school-back-school-text-win#toc-what-can-i-win</a>			<a href="https://www.youtube.com/watch?v=Shs2rAmeezk&amp;feature=emb_rel_pause">https://www.youtube.com/watch?v=Shs2rAmeezk&amp;feature=emb_rel_pause</a>									
K 5 English/Other Districts							Day 1 (9/2)	Day 2 (9/3)	Day 3 (9/5)	Day 4 (9/7) 1st day ish	Day 5 (9/8) 1st day ish	Day 6 (9/9)	Day 7 (9/10)	10/1		
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6th 12th Other Districts	Day 1 (9/3)	Day 2 (9/4)	Day 3 (9/5)	Day 4 (9/7)	Day 5 (9/8)	Day 6 (9/9)	Day 7 (9/10)	October 5th message								
	Hey it's Safe Routes! Let's talk route planning for your trip to school. Does Google maps know it all? Take this 4 question quiz to find out: LINK	Street safety is more than just using crosswalks. It's also about how to respond when something uncomfortable or scary happens. Try this quiz:	Going back to in person school is a big change in our routines. Visualize owning your first day back in class, just like these Olympic athletes:	Planning ahead reduces stress. Feel relaxed in the morning rush by getting ready at night. Lay out everything you need to get to school & share a photo with us!	A short week means it's almost the weekend, but rest is good during your week, too. Spend some time outside & do things that make you feel energized & inspired.	We hope your first week of school is going great! Our 2nd prize drawing will be today & we'll contact winners soon. Revisit what you can win at <a href="https://slkt.io/CCXm">slkt.io/CCXm</a>	School traffic clogs up our air & streets. Hip Hop Soulstation reminds us that we can help our community & climate by walking, rolling & riding: <a href="https://slkt.io/CeJ5">slkt.io/CeJ5</a>	drawing. We'll text the winners. It's also getting darker outside! You can order a free set of safety lights here: <a href="https://slkt.io/FilU">slkt.io/FilU</a> Happy fall! We hope school is going well.								
	Link: <a href="https://www.surveymonkey.com/r/V39X3DV">https://www.surveymonkey.com/r/V39X3DV</a>	<a href="https://mind.olympicchannel.com/visualisation/">https://mind.olympicchannel.com/visualisation/</a>	<a href="https://www.portland.gov/transportation/safe-routes-school/school-back-school-text-win#toc-what-can-i-win">Personal Safety on the way to School Survey (surveymonkey.com)</a>	<a href="https://www.portland.gov/transportation/safe-routes-school/school-back-school-text-win#toc-what-can-i-win">https://www.portland.gov/transportation/safe-routes-school/school-back-school-text-win#toc-what-can-i-win</a>												

Just like a school supply list, make a checklist of daily things needed for school mornings - water bottle, masks, helmet, etc. Post it by the door & go!

It's recommended to leave earlier than usual the first week back to school. This allows for flex time & maybe a bonus break for adults before the next task.

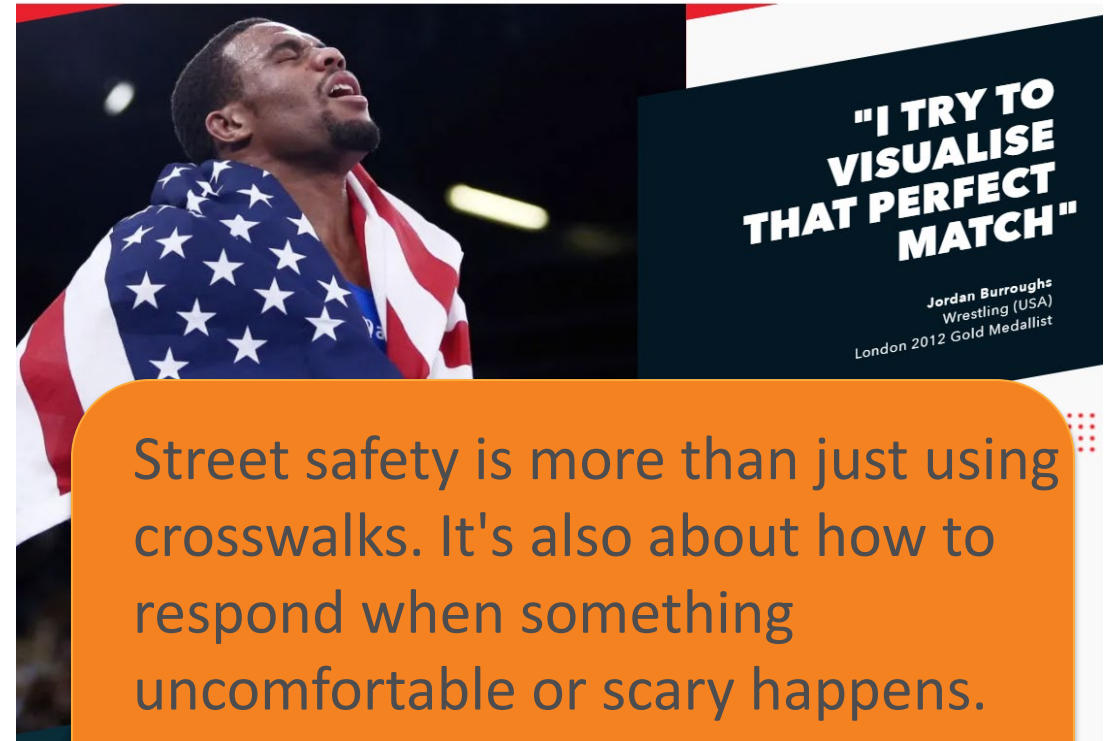
Know what to expect at your child's school or education program around COVID-19. The CDC has a great overview: [slkt.io/BSvi](https://slkt.io/BSvi)

If your child is anxious about going back to in-person school; walking or riding together (while distanced) with friends can be a fun way to ease the stress.

## PK-5 Messaging (geared towards adults)

Going back to in-person school is a big change in our routines. Visualize owning your first day back in class, just like these Olympic athletes: [slkt.io/BBv8](https://slkt.io/BBv8)

Back to school can bring stress. Hear PDX teens talk mental health & therapy access on [@the\\_allinyourheadpodcast](#).



Street safety is more than just using crosswalks. It's also about how to respond when something uncomfortable or scary happens. Try this quiz:

6-12 Messaging  
(geared towards students)

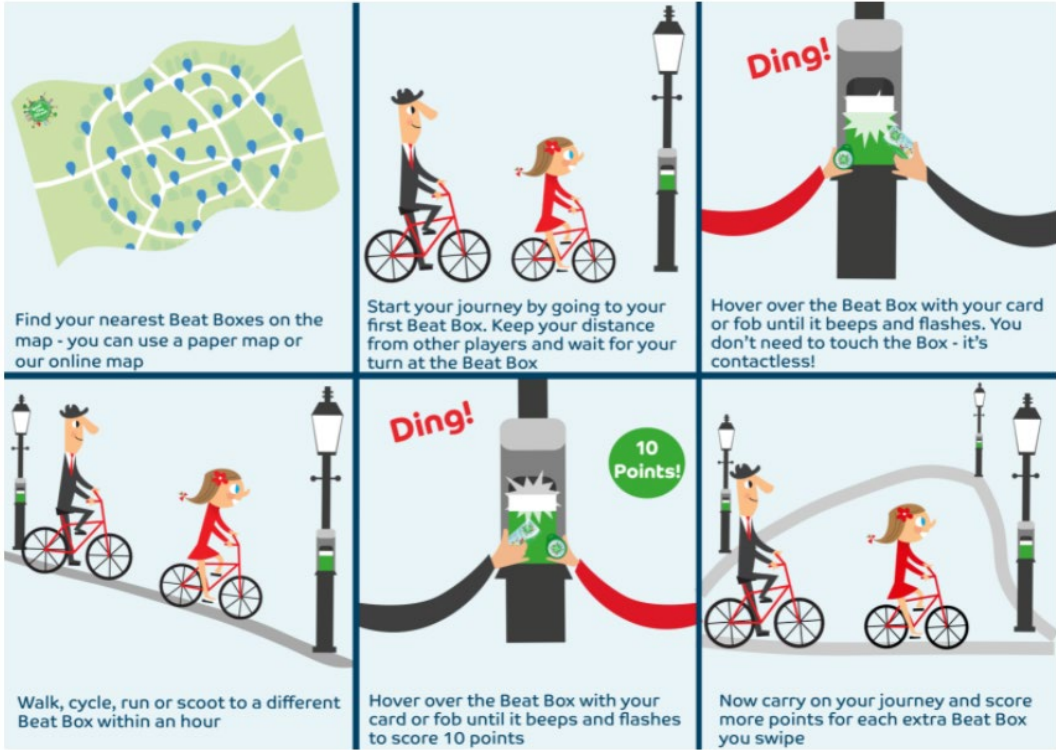
Hi! It's been a minute. Just in time for Walk + Roll to School Day tomorrow we're doing our final gift card drawing. We'll text the winners. It's also getting darker outside! **You can order a free set of safety lights here: [slkt.io/FiLu](https://slkt.io/FiLu)** Happy fall! We hope school is going well.

72 texts sent

32 clicks

22 orders for safety light sets

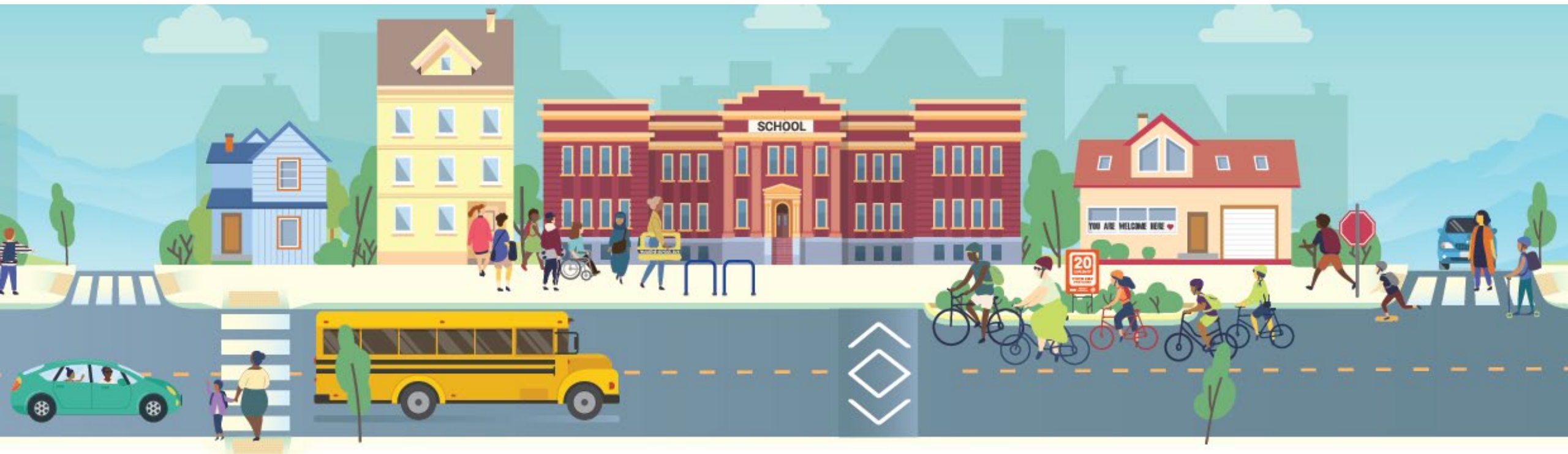






Abra McNair

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## 参加RECESS

### Information

RECESS is a Portland Safe Routes to School program offering middle school students activity ideas and wellness tips while they are distance learning.

### On this page

- 比赛方式
- 我能赢得什么?
- Sworkit
- RECESS比赛條款

相信嗎? 我們開始遠程學習已經快一年了!

儘管我們留在家裏是為了保護家人和社區免受新冠病毒的傷害, 但我們也可以在上學期間安排休息時間來照顧自己。

新的一年充滿讓我們的身心煥然一新的機會, 因為我們還是可以充分利用在家上學的時間。

RECESS 幫助你設計喜好的課間活動, 讓你活動筋骨, 精神飽滿。

即使你不在學校, 也可以享受RECESS!

自从波特兰的大多数学生能固定到校上课 --> 18 个月以来, 已经有一段时间了!

这时间足够改变我们的常规安排了。

在新学校? 你到达那里的路线方便吗?

你的自行车轮胎充好气了吗? 你知道锁在哪里吗?

我们可以帮助你做好准备。

发送短信 **BACKPACK**  
至 **888-520-0526**

- 我们将发送简短的测验和提示, 帮助你做好准备
- 注册后即可参加抽奖活动, 有机会获得价值 25 美元的礼品卡和其他奖品!
- 轻松又自信满满地去学校
- 如果您不想继续收到短信, 您可以随时选择退出。

Порядок возвращения в школу осенью этого года будет необычным. Многие учащиеся не посещали школу регулярно в течение года.



Мы готовы помочь!

Родителей и опекунов:  
Попробуйте текстовое сообщение  
BACK по номеру 888-520-0526

- Подписка на рассылку рекомендаций делает вас участником розыгрыша подарочных карточек стоимостью 25 долларов и других призов
- Ожидайте получать одно сообщение в день. вы можете отменить подписку в любое время.



短信文字为  
英文

