



## Active Living Team June 18, 2010

The Active Living work group met on June 18, 2010 at the Decorah City Hall at 11 am. There were 5 people attending: Heidi Skildum, Lindsay Erdman, Ann Mansfield, Ben Lewis, Scot Michelson.

### 1. Review Year One Evaluations completed Spring 2010

a. Pilot Programs Spring Check-in. Heidi will provide a written (brief) summary of her site visits.

- Central – program & education piece is strong
- Waukon – still looking for champion teacher; still working mostly through fitness center
- Riceville – quite a bit of programming, plans for fall
- Ossian – champion teacher looking for community support
- New Hampton – establishing baseline, getting team off the ground
- Valley of Elgin – not able to form a team, did not apply for mini-grant

b. Spring Travel Tallies Summaries

- Data received from 4 of 6 schools before today's meeting.
- Consider utilizing the SRTS website – data entry possibility instead of Survey Monkey and the SRTS data entry
- Data collection set up for classroom tallies annually; Spring. May consider adding parent surveys after Education & Encouragement activities this coming year.
- Valley Schools – expect changes when the trail is completed; will need to educate families from both Elgin & Clermont

School Wellness Policies – possibly make recommendations for drop-offs and/or for decreased bus pickups for more rural children to walk or bike.

- SRTS Pilots – Engage school transportation as a key stakeholder on the team
- Parents – a group that is important to engage & educate
- Issues to resolve – backpacks, instruments, etc.
- Education & Encouragement – Use of existing facilities

For June Regional Leadership Team mtg. – Heidi will prepare a presentation of Classroom Tally comparison for Fall 2008 vs. Spring 2010 for the data she's received.

- Requirement for Pilots in Year 2 - have a school wellness committee in place

### 2. Process Spring of Year One.

a. Successes and Obstacles

b. What is READINESS and what makes a community "ready" for a Safe Routes program?

c. What are some of the key elements of a "successful" Safe Route to School program?

### 3. Project how the Active Living Team will move forward.

a. What kind of support do our pilots need?

- How does Food and Fitness support our pilot programs?
- What does promotion in these communities look like?
- Pilot Program Application: Review Farm to School Draft

Notes:  Like the idea of application; determine readiness, commitment & presence of school wellness committee

Timing – get to each school by end of July and meet with Administrator with description of local team

Focus on parents in “Back to school” nights, parent-teacher conferences,

b. Next steps for SRTS Funding in Engagement, Education, and Encouragement

NE Iowa: A Rural Model for SRTS

Notes:  Regional SRTS Grant application – could theoretically support a coordinator for the region for Education, Encouragement

SRTS application – due October 1, 2010

Regional non-infrastructure SRTS application\*\*

o Phase I – RC&D regional mapping & surveys

o Phase II – FFI – processed information – 6 SRTS pilots

o \*\*Phase III – SRTS – focus on Education & Encouragement – full time Coordinator – work with Pilots and additional schools-communities that are ready

o Phase IV - (in 2-3 years) School-communities in this region will be ready to apply for infrastructure grants

o Call with Tim Lane on Tuesday June 22

9 c. Small, project based initiatives and/or pilot programs?

Example of Walking school bus pilot in Decorah

Cross-guard training – probably could use in more than one community

d. Change SRTS title to Active Living Communities?

Notes:  Debate re benefit of identity of SRTS vs. the “fit” for our work

Perhaps expand the boundaries – maybe “Safe Routes to Work”, Safe Routes to Shop”, etc.

We need more education re the actual broad scope SRTS

Consult with Pyramid re title for this work e. Going Green: Combing Environmental Stewardship and Active Transportation

f. Contacts in the region to strengthen our program

Include school transportation, admin, parent champion, wellness group,

g. Future Workshops and Speakers Notes:

Consider Mark Fenton or Tim Lane for the Fall FFI Conference in October; ask Tim Lane on Tuesday conference call.

4. Wrap Up of Discussion/More Thoughts

Notes:  Budget – AL Group open to shifting funds from Meetings/Conferences

Submitted by Scot Michelson.