



Get Students to School Safely

Tired of the hassle and expense of waiting in the drop-off line every day?

There are better and healthier ways to get students to school. Cut down on wait time and save money on gas by joining **Safe Routes to School (SRTS)**. Parents whose children attend Carrollton City Schools have teamed up with Tanner Health System's Get Healthy, Live Well and several local partners in providing safe routes to school that will allow more families to embrace a healthier lifestyle.

SRTS focuses on improving the health and safety of children. It also focuses on infrastructure improvements and student traffic education. The Carrollton GreenBelt trail system, which connects many neighborhoods with the city schools, provides a safe, convenient and fun opportunity for students to walk or bike to school. But the GreenBelt isn't the only safe route; use the map in this brochure to find more.

Today's children are less active than previous generations, which can lead to unhealthy weight gain and related health problems.

Why Join Safe Routes to School?

By committing 20 to 30 minutes out of your day, you can help change the habits of an entire generation of school children.

- **Health:** Children today are not getting enough physical activity. Inactivity can lead to unhealthy weight gain and the health problems that come with it.

- **Academic Performance:** According to a study published in the January 2011 issue of *Preventive Medicine*, physical activity helps improve overall performance on academic achievement tests by 6 percent.
- **Traffic Congestion:** Neighborhoods are becoming increasingly clogged by traffic. By boosting the number of children walking and bicycling, Safe Routes to School helps reduce traffic congestion and your carbon footprint.

Park and Walk

Live too far to walk or bike from home? No problem! Join parents at the GreenBelt trail heads located at Target (off Highway 27 in McIntosh Plaza), Hays Mill Road (480 Hays Mill Road, immediately north of the Hays Mill Overlook subdivision) or the CVS on Maple Street.

Grab 'N' Go School Breakfast

Everybody knows that breakfast is the most important meal of the day. But not everyone has time to sit down and enjoy a healthy meal at home before school. Carrollton City Schools has a solution to that problem with its School Breakfast Program. Grab 'N' Go breakfast options are also available. Students can grab a nutritious breakfast and eat it in the classroom.

