



North Natomas

Transportation Management Association

Heron
School

Footloose Fridays NEWS



Interpreting the Future



Sebastian Jocso doesn't have dreams of being a race car driver or a super hero when he grows up; at least not the cape-wearing kind that typically comes to mind. Nope, he wants to be a language interpreter. Why? Because then he could "help people who don't understand each other's languages" he says.

Somehow, this noble goal doesn't surprise us as

Sebastian was chosen to receive a brand new bicycle in the 50 Bikes for 50 Kids event in January. The teacher who nominated Sebastian had this to say about him: "He is extremely thoughtful, helpful and generous in his interactions with classmates and adults. He's just an exceptional human being, in my opinion."

"The best part of the event was... everything," Sebastian says, "since it was nice meeting people and building a bike. The funniest moment of the day was trying to keep up with the guys who helped me assemble the bike." Yep, they were fast. See the article below for details about the event and what criterion was used to select recipients.

Spotlighting 50 Bikes for 50 Kids



We want to give our biggest round of applause to this year's selected bike recipients for our 50 Bikes for 50 Kids event! Bike recipients received (and helped build) a new bike and were nominated by local community members based upon a demonstration of merit-based characteristics. These qualities included

trustworthiness, respect, responsibility, fairness, caring and citizenship.

For those of you who may not have heard of the event, hundreds of community volunteers joined forces in North Natomas on Martin Luther King Jr. Day (also the National Day of Service) on Jan. 20th to help 50 chosen students transform bike parts into their very own ready-to-ride bicycles. Congratulations to Heron's one and only recipient, Sebastian Jocso! Be sure to give him a high-five next time you see him and check out his profile above to learn more about him.

March is Fitness Month

Bike Rebates Are Back



Time is money, and that is especially true for NNTMA's Bike Rebate program which offers a rebate up to 40% of the purchase price for a new bicycle

or bicycling gear, for a maximum amount of \$250 for bikes or \$50 for accessories.

This is a first-come first-serve offering, the sooner you apply, the greater your chances are of receiving a rebate. Rebates will only be issued on bikes purchased at local bike shops and your last day to submit a request for a rebate is April 15th. So, get your written quote from a bike shop today to include with your application. For all the important details and to get the application, go to NNTMA.org, and good luck!



UPCOMING EVENTS:

Every Friday, rain or shine -
Footloose Fridays

2nd week of March - Boot Buck Store
March 20th - 7th Annual Spaghetti
Dinner & Raffle

March 24th - 28th - Book Fair Week

March 29th - NUSD Health & Wellness
Expo, 9am-2pm, S. Natomas Community
Center

April 4th - Sock Hop



Walk Your Body to Rock Your Body! (Part 2)

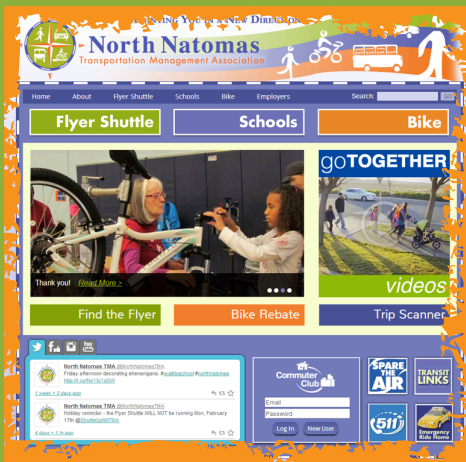
While this may come as no surprise, a daily brisk walk helps you live a healthier life. In the second part of this three part series, we give you a little more insight as to how walking to school can improve your body and fitness.

1. Pace, distance and frequency all matter. The faster, farther and more frequently you walk, the greater the benefits.
2. Fact: physical fitness goes hand-in-hand with mental health and well-being. It also fights against anxiety and stress. Walking makes you feel better inside AND out!
3. Walking increases our leg muscles, the biggest muscles in our body. Building these muscles can lead to a more toned body as increased muscle mass burns fat.
4. Because walking is a weight-bearing activity, it improves your bone density.
5. Regular walking can reduce the risk of coronary disease, diabetes, stroke, high blood pressure, cancer and arthritis. So, grab your mom, dad or friend and take a walk!

All Trip Scanner participants will receive a special fitness pin if they participate every program day in March!



We're Stepping Up Online



We are excited to announce our web makeover at NNTMA.org! All of the useful information that you found on our site before the makeover still exists, only now we've given it a new look and added some cool new features like our #goTOGETHER video series. In our

latest Walk to School video, we highlight people that make the program happen: staff, volunteers and students. You will probably recognize a face or two and we are proud to say they are just as gung-ho about leaving the car at home as we are! Warning! This video exudes an extremely high quotient of the warm-fuzzies and will probably make you smile or do a heart sign with your thumbs and index fingers. Not sure what we're talking about? Watch the video until the very end and you will.

Are You an Idle-Free Family?



Attention drivers! Do you pick up or drop off kids from school, sports or after-school activities? Did you know that car exhaust is the leading source of pollution in the area? Help us

help our community and our children breathe easier by taking the idle-free pledge. All you have to do is promise to turn off your car's engine if you plan to be stopped for more than 30 seconds. By taking this oath, you are helping to reduce asthma flare-ups and simultaneously improving lung capacity by reducing pollutants from car exhaust. With all of this new-found knowledge, heck you might even decide to be idle-free in other places like the post office or the driveway. Just turn the key to be idle-free! Oh, and don't worry about saving gas or hurting your engine. Those are myths!

Unscramble each of the clue words. Then solve the mystery phrase by copying the numbered letters into the yellow boxes.

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