



# North Natomas

Transportation Management Association

**Westlake  
Charter**

## Walk n' Roll Wednesdays and Fridays



### It's Walk to School Day!

— Welcome to —  
**Walk to School Day!**



NNTMA.org

On October 16th, Westlake students and families will join 40 countries and hundreds of thousands of kids across the globe in celebration of International Walk to School Day. Inspired by the pressing need to improve health, safety, traffic conditions, air quality and community ties, the event also encourages students to get in the habit of using their own human-generated power to get around. Please mark your calendars and join us – and be sure to watch for an increase in pedestrians in your neighborhood this month as it is Walktober! This event takes place before school, so please arrive early. There will be a prize awarded for all participants and breakfast treats will be served in the quad. Families are welcome!

### Walktober: No Tricks and Plenty of Treats



# WALKTOBER

While some kids have to wait until October 31st for fun and goodies, the students at Westlake Charter School get almost a month of activities and chances to earn prizes when they participate in "Walktober". While walking (or biking or skating) every day earns kids a chance at the grand prize, other prizes are awarded to all who participate! In addition, a surprise bonus prize day will be set up for students before school. Look for the tracking sheets in weekly folders. Parents and guardians must sign off on the tracking sheet each time their child walks to or from school to receive credit. Be sure to turn in completed tracking sheets to the office no later than November 4th. Get Walktober off on the right foot by participating in Westlake Charter School's Walk to School Day event on October 16th before school. There will be prizes and refreshments for the whole family. Email [mellisa@nntma.org](mailto:mellisa@nntma.org) for more info.

Holiday Edition 2013

### Teaming Up to Build a Better Future!



50 Bikes for 50 Kids is a community service event that matches 50 well-deserving kids with teams of volunteers to assemble a Specialized bike for the child on the team.

On Monday, January 20, 2014, Martin Luther King Jr. Day and the National Day of Service, community volunteers will join forces in North Natomas to help 50 kids transform bike parts into 50 ready-to-ride bicycles. 50 Bikes for 50 Kids 2013 was a wonderful success due to the 200+ volunteers that took time out of their busy day to give back to this community. As we gear up for the 2014 event, we are again recruiting volunteers to join us in helping local youth build bicycles.

We hope you will join us on Monday, January 20, 2014 for the 2nd annual 50 Bikes for 50 Kids event! Volunteers can register online at [NNTMA.org/50Bikes](http://NNTMA.org/50Bikes).



### UPCOMING EVENTS:

October is "WALKTOBER" at Westlake Charter School!

Every Wednesday & Friday, rain or shine - Walk n' Roll Wednesdays & Fridays

October 14th - Picture Day

October 16th - Walk to School Day

October 19th - Fall Festival

December 13 - 15th - Book Fair

December 18th - Prize Distribution Day

In Partnership With NUSD  
Safe Routes To School

**Natomas**  
Unified School District  
Ensuring a safe and healthy future for every child

Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education and services. Contact [Mellisa@nntma.org](mailto:Mellisa@nntma.org) - 419-9955





## Walk n' Roll Wednesdays and Fridays – Program Re-Cap



At Westlake Charter, Wednesdays and Fridays are the designated walk to school days. Although walking everyday is encouraged, on Wednesdays and Fridays students are rewarded for their efforts. Students can participate by meeting up with the parent and teacher-led Walking School Bus that meets between 7:50 and 8am in front of the AIM Mail Center at El Centro & Del Paso, and walk from there

as a group. Parents can either drop their children off to walk with the group, or can join the fun. Once on campus look for the program volunteers near the office. There, kids will receive a punch card which they will present each week they walk for hole punches that earn them charms throughout the year. On December 18th, punches can be cashed in for a special prize! Cards will not be punched after morning line up starts and lost cards can be replaced but the punches cannot so keep them safe!

## Count the Calories?

As chilly weather sets in, it's instinctual for us to shore up on fuel for the cold months ahead. Add to that, three calorie-licious holidays and you have a real recipe for extra padding around the middle. Here's a quiz to test your fall food knowledge:

Which T-day delight touts the most calories?

- ½ cup green bean casserole
- 6 ounces white or dark turkey
- 6 ounces prime rib
- ½ cup stuffing

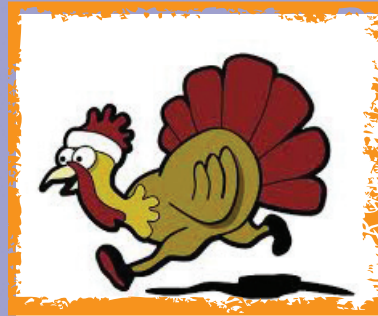
Answer: The start of the show, the turkey, tops it at 340 calories. In descending order: prime rib (330); casserole (225); and stuffing at 180 calories... so get stuffed on the stuffing!

And what about those fun-sized Halloween treats? Try to put these six chocolate favorites in order... We dare you!

- Peppermint Pattie
- Reese's Peanut Butter Cup
- Kit Kat
- Butterfinger
- M&M's
- Nestle Crunch

Answer: With a name like Butterfinger it's no wonder it tops the choco-charts at 100 calories per pop. Here are the rest: M&M's (90); Reese's Peanut Butter Cup (80); Kit Kat (73); Nestle Crunch (51); and Peppermint Pattie, with just 47 calories!

## Five Festive Ways to Keep Holiday Heftiness at Bay



1. When it comes to big meals, use smaller plates and little bites. Savor the flavors!

2. Help the family with raking leaves, vacuuming or just jumping up and down with glee. It all adds up!

3. Thanksgiving is a time of gratitude. Show it by doing a charity run or walk, like Run to Feed the Hungry, [www.runtofeedthehungry.com](http://www.runtofeedthehungry.com).

4. No family together time is complete without a little dancing, so turn the stereo up and get "jiggy" with it.

5. Crisp air and lots of toasty friends and family members, together, make for the perfect game of two-hand touch or just a fun walk around the neighborhood.



## Spot the Differences

There are 10 differences between the two scarecrow pictures below. Can you spot them all?

