



Manchester-Essex Regional School District School Committee, December 2021

Promoting Sustainable Student Transportation



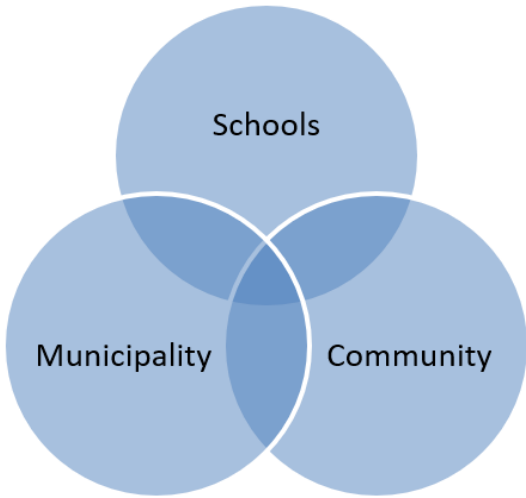
This report is for informational purposes only. These recommendations include components of the Massachusetts Safe Routes to School (SRTS) Program. Your local SRTS outreach coordinator may facilitate or take part in discussions and provide direct program offerings. Please note that your SRTS outreach coordinator cannot advocate for state or municipal policy and/or infrastructure-related work. Furthermore, your SRTS outreach coordinator cannot make direct engineering or municipal planning recommendations. All photos and maps are the property of SRTS (unless otherwise noted) and cannot be reproduced without written permission. Due to privacy concerns, program reports cannot be shared publicly without the express written permission of the named school(s).

Safety First

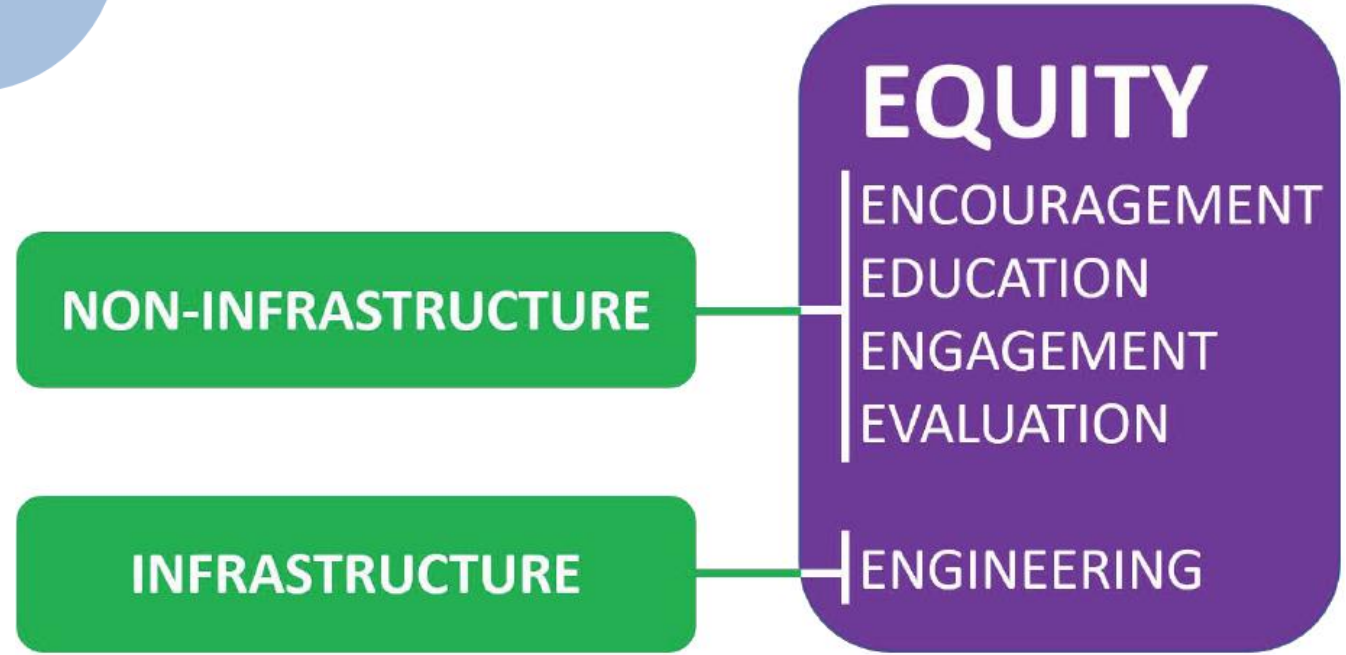


Meeting Local Needs

- Physical Activity
- Safety & Independence
- Traffic Congestion
- Built Environment
- Attendance and Tardiness
- Redistricting
- New Construction
- Change in School Start Times

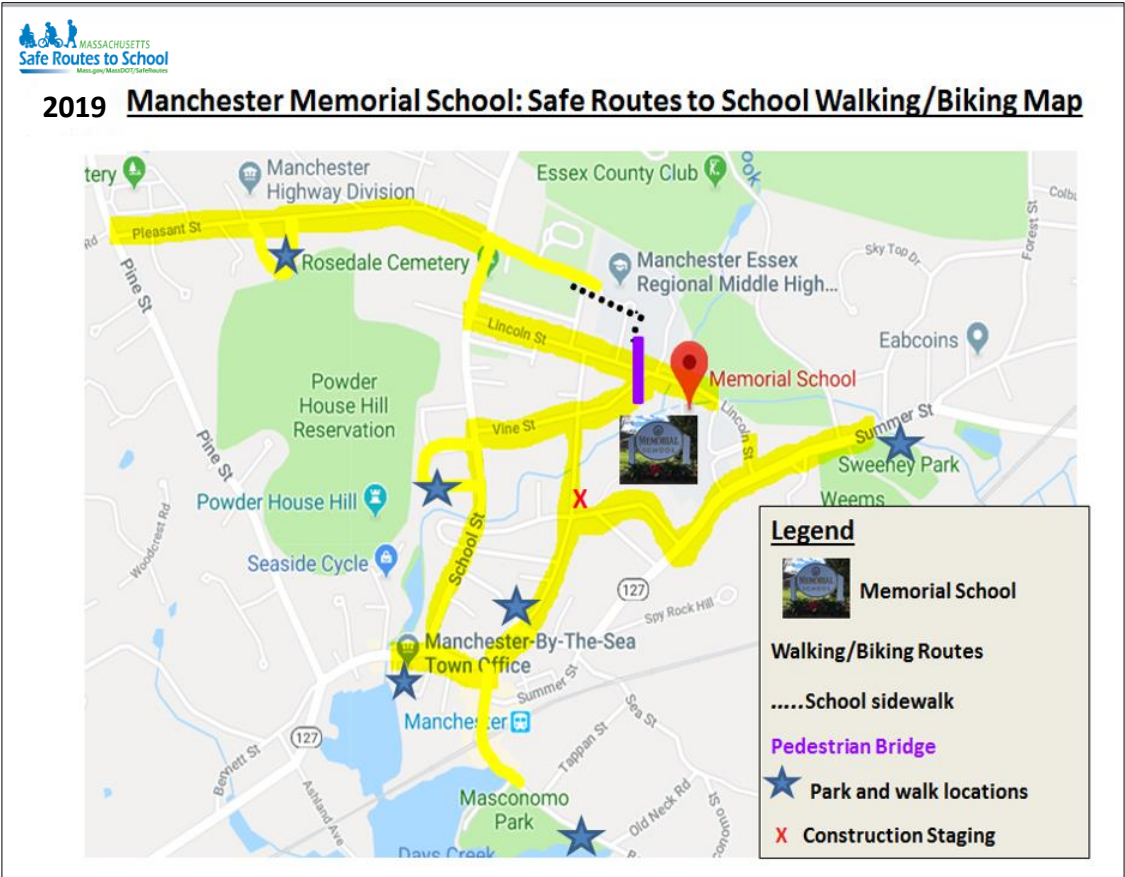
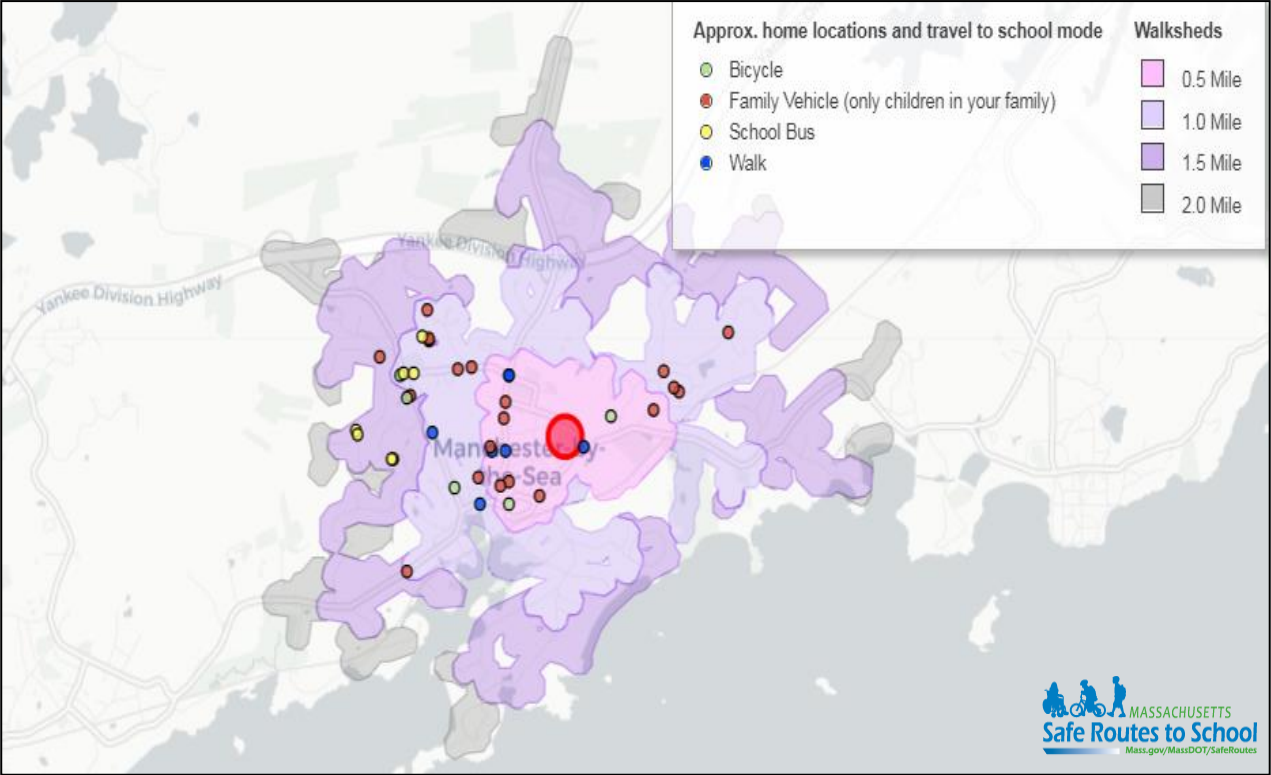


The Six E's



Evaluation

2018 Manchester Memorial Parent Travel Survey



Evaluation

Manchester Memorial School Walking Route Map



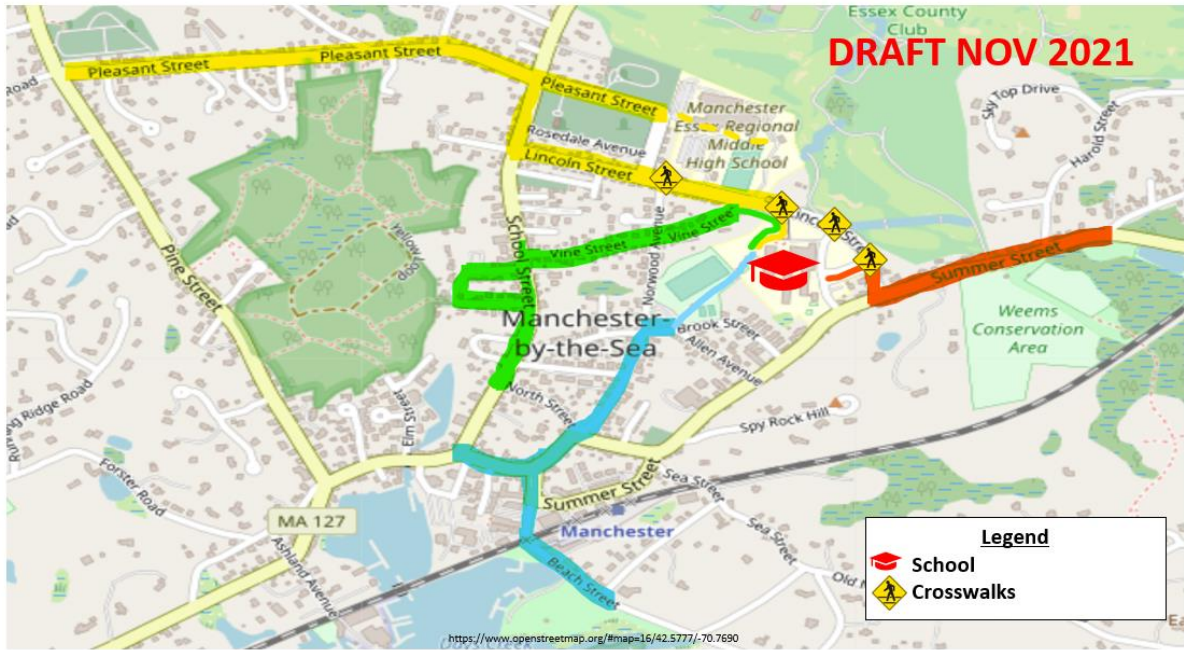
DRAFT SEPT-NOV 2021



Manchester Memorial School Walking Route Map



DRAFT NOV 2021



Encouragement

- Flagship Walk/Bike/Roll Events
- Theme Days
- Walking School Buses
- Park and Walk
- Communication
- Task Force Formation



Encouragement

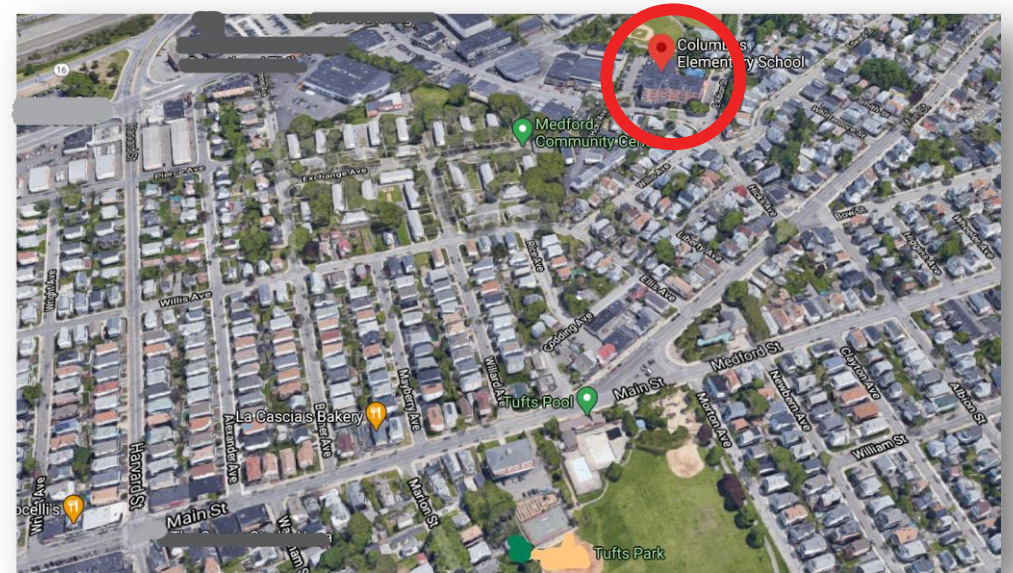
2019 Winning Designs



2020 Winning Designs



Engineering



Arrival/Dismissal Observation

Walk Audit

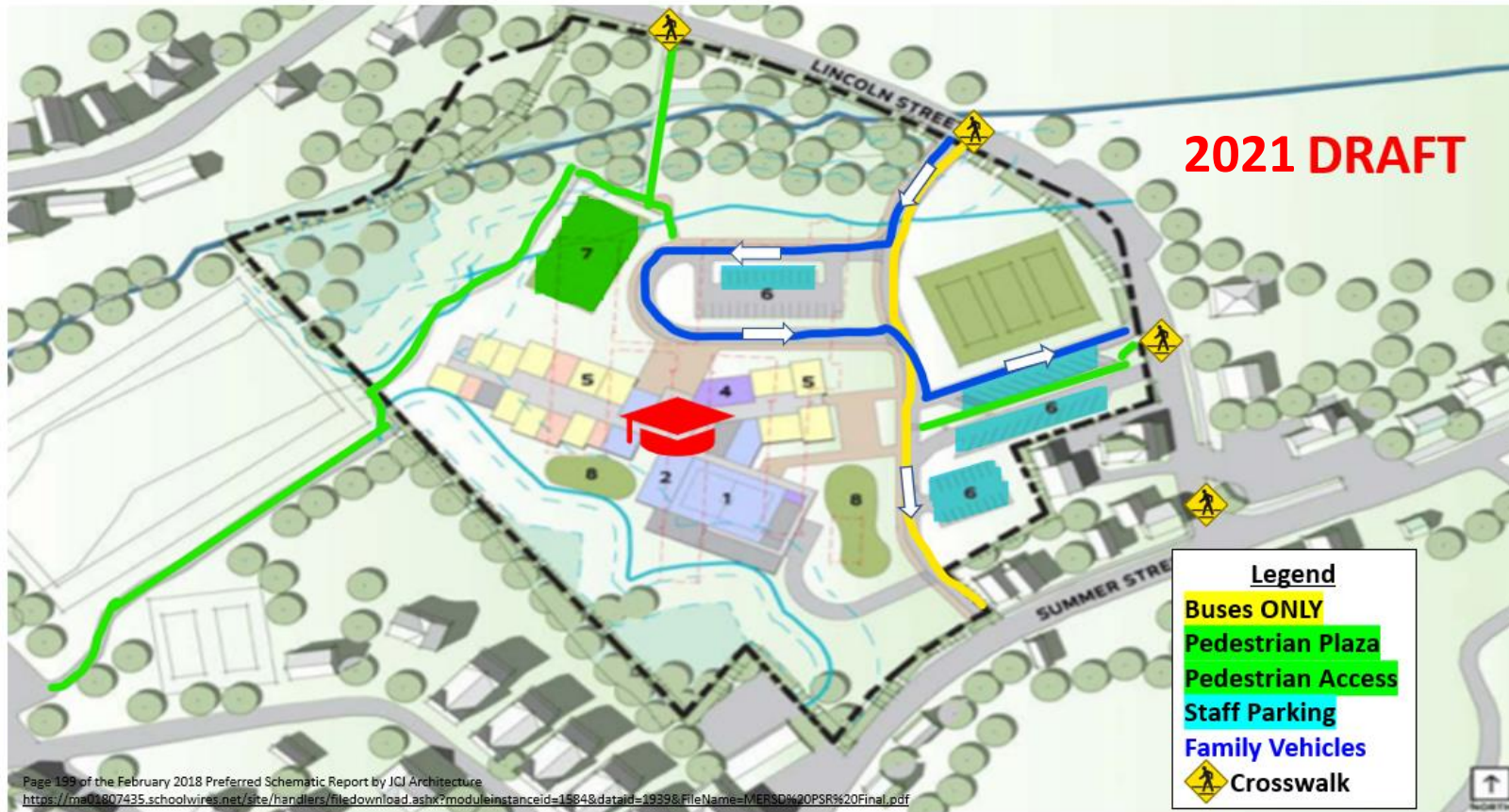
Engagement

- Arrival & Dismissal Planning
- Crossing Guards
- Police & School Resource Officers
- Communication



Engagement

Manchester Memorial School Arrival Dismissal Plan



Education

- DESE-approved Professional Development recommended for PE and Health & Wellness faculty
- Pedestrian Safety Curriculum (grades 2-3)
 - Skills-based, in-person, classroom curriculum
 - Lessons consist of sidewalk, crosswalk, and parking lot safety and are held outdoors on school property
- Bicycle Safety Curriculum (grades 2-4-8)
 - Assembly-style, in-person or virtual curriculum
 - Lessons consist of personal safety, bicycle safety, and rules of the road



Safe Routes to School On-Bike Curriculum Overview

Designed for Teachers & Instructors



Parents are not **In** Traffic, Parents **Are** the Traffic



Arrival and Dismissal Tip Sheet

START THE SCHOOL DAY WITH CONFIDENCE

Student safety during arrival and dismissal is a school priority. By practicing these safety guidelines with your student, families can do their part to create a worry-free travel environment on and around school grounds.

- Use sidewalks and walk facing traffic
- Only cross at intersections or crosswalks
- Follow Crossing Guard instructions
- Ride your bike or scooter with traffic on the right side of the road
- Follow all traffic signals and signs
- Know biking routes and bike rack locations
- School bus lanes are for school buses only
- Be aware of school zones and obey their 20 MPH speed limits

Safety Tip: However you travel to/from school, review your school's arrival and dismissal plan. It is located on the school website and in the student handbook.

Safe Routes to School (SRTS) is a program offered by the Massachusetts Department of Transportation. The SRTS Program works to increase safe biking and walking among elementary and middle school students by using a collaborative, community-focused approach that bridges the gap between health and transportation. [Learn more: www.mass.gov/safe-routes-to-school](http://www.mass.gov/safe-routes-to-school)

MASSACHUSETTS
Safe Routes to School
mass.gov/safe-routes-to-school

NEW SEASON. NEW ROUTINE.

Why not try something new? Consider walking, biking, and rolling to and from school with your student.

- Lowers stress levels and adds exercise to your routine
- Improves student concentration for better academic performance¹
- Helps the environment by reducing traffic congestion around schools
- Reduces tardiness and improves school attendance²
- Builds community & social connections

GET TO SCHOOL SAFELY WITH THESE ACTIVITIES

Walking School Bus and Bike Trains: Walk, bike, and roll to school along a fixed route and invite other students to join you along the way.

Park, Walk, & Roll: If you don't live within walking or biking distance of the school, designate a Park, Walk, & Roll location, and allow your student to walk, bike, or roll the remaining way to school.

Walking Wednesdays and Flagship Events: Celebrate arriving and departing school with a no-cost or low-cost themed event.

Visit the Safe Routes Encouragement page for more ideas and to view our Walking School Bus and Bike Train Guide: www.mass.gov/info-details/safe-routes-to-school-encouragement

SIDEWALK 101

Be visible: Dress to be seen and always make eye contact with drivers.

Be aware of your surroundings: Look for cars in all directions and never assume the right of way.

Be courteous: Share the sidewalk and allow others to pass.

Be safe: Use sidewalks where available. If not available, be cautious of surroundings and walk facing traffic. Only cross streets at intersections and crosswalks.

Be alert: Unplug from distractions and avoid using phones and other devices.

READY TO ROLL

If your student plans to bike or roll to school, know your responsibilities.

Wear a helmet (legally required for ages 16 and under).
Mass. General Laws, chapter 85 sec. 11B1/2

Install bike lights (required after dusk, white in front and red in rear).
Mass. General Laws, chapter 85 sec. 11B

Obey all traffic laws and regulations.
Mass. General Laws, chapter 85 sec. 11B

Ride bikes predictably and use hand signals to alert drivers of stops and turns.

Use sidewalks as needed unless prohibited by local laws.
Mass. General Laws, chapter 85 sec. 11B

View a complete summary of Massachusetts' bike laws: www.massbike.org/laws

FAMILY VEHICLE SAFETY

Give priority to pedestrians and cyclists.

Drive at a walking pace as you approach the school.

Follow Crossing Guard instructions.

Only load/unload in designated drop-off and pick-up areas.

Turn off your engine while waiting and place the vehicle in park ("P").

Students should only enter/exit on a vehicle's right passenger side.

Do not queue on public roadways.

Read MassDOT Safe Routes to School's *Navigating School Zone Driving* for more information: <https://www.mass.gov/info-details/safe-routes-to-school-education#driver-education>

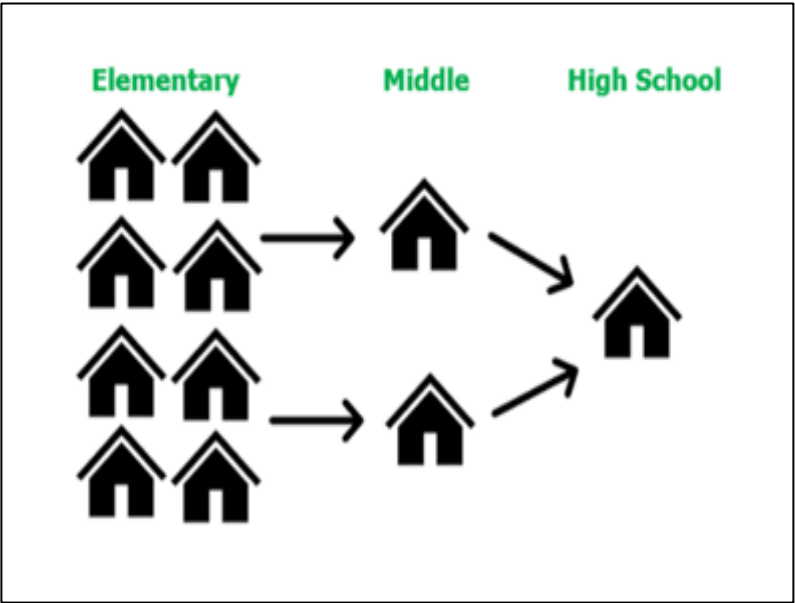
¹ [https://www.ajpmonline.org/article/S0749-3797\(08\)00005-6/fulltext](https://www.ajpmonline.org/article/S0749-3797(08)00005-6/fulltext)

MASSACHUSETTS
Safe Routes to School
mass.gov/safe-routes-to-school

✓ Available in 9 Languages

Equity

- MASC-partnered Wellness policy amendments
- Multiple language offerings
- Include students of all abilities
- Program sustainability and equity strategy documents



EQUITY STRATEGIES FOR SCHOOLS

Equity is the core of the comprehensive Massachusetts Safe Routes to School (SRTS) Program. The Program prioritizes safe, active, and healthy routes for public elementary and middle school students regardless of ability, socioeconomic status, race, or culture. This strategy helps schools identify and build safety and accessibility strategies that will benefit all students.

EQUITY VS. EQUALITY: Understanding the difference can make all the difference.

Equality is treating everyone the same. Equity is giving everyone what they need to be successful.

EDUCATION

BEGINNER • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan.

INTERMEDIATE • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan.

ADVANCED • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan.

ENCOURAGEMENT

BEGINNER • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan. • Establish a formal SRTS encouragement plan.

INTERMEDIATE • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan.

ADVANCED • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan.

CHALLENGE

BEGINNER • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS challenge plan.

INTERMEDIATE • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS challenge plan. • Establish a formal SRTS challenge plan.

ADVANCED • Establish a formal Leadership Team to plan and coordinate SRTS activities and programs. • Develop a formal SRTS plan with a timeline and budget. • Conduct a formal SRTS assessment to identify needs and opportunities. • Establish a formal SRTS budget. • Establish a formal SRTS communication plan. • Establish a formal SRTS evaluation plan. • Establish a formal SRTS safety plan. • Establish a formal SRTS accessibility plan. • Establish a formal SRTS sustainability plan. • Establish a formal SRTS equity plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS encouragement plan. • Establish a formal SRTS challenge plan. • Establish a formal SRTS challenge plan. • Establish a formal SRTS challenge plan.

CONCLUSION

Consider using this information to help your school develop a formal SRTS plan. For more information, visit www.mass.gov/srts.

EQUITY VS. EQUALITY: Understanding the difference can *make all the difference*.

Equality is treating everyone the same. Equity is giving everyone what they need to be successful.

The illustration shows four people walking towards a road. In the 'Equality' scenario, all four people have the same pair of boots. In the 'Equity' scenario, the person in the wheelchair has a ramp, the child has a bicycle, and the woman has a backpack, while the man has a pair of sneakers.

Infrastructure Project Funding Programs

- **Signs and Lines Grants**
 - \$6K reimbursement to the municipality and approximately \$4k additional benefits in assessment and design services from AECOM
 - New signage, removal of signage, crosswalk improvements, pavement markings
 - Up to 5 projects will be awarded in 2021-2022
- **Safe Routes to School Infrastructure Grants**
 - \$300K to \$2 million projects
 - Sidewalk improvements, traffic calming, crossing improvements, on- and off-street bicycle & pedestrian facilities, traffic diversion
 - **Up to 10 projects will be awarded in 2021-2022**

MERSD

- ✓ All MERSD schools are partnered (2006, 2008, 2019)
- Complete Streets Policy
 - ✓ Safe Routes to School is named in the Manchester policy
 - Essex is without a policy
- ✓ Advocate in Mass in Motion
- ✓ Advocate in Manchester Bicycle Pedestrian Committee

- ✓ 2009 Manchester Memorial awarded MassDOT Infrastructure Grant for ~\$600K

MERSD

✓ Essex Elementary – inactive

✓ Manchester Memorial

- Recent site visit for signalized pedestrian crossing concerns
- Memorial arrival dismissal planning for pre-construction, during construction, and post construction periods
- New school circulation plan review
- All-school DESE-approved ES pedestrian safety instruction
- DESE-approved professional development for Memorial PE teacher
- Walking/Biking Memorial student route mapping with park and walk locations
- Morning meeting on helmet safety

✓ Manchester Essex Regional Middle School

- All-school bike safety MS assembly with Manchester police
- Regular student bike club
- Lawn sign contest entries

MERSD: Next Steps

MERSD

- Conduct DESE-approved pedestrian & bicycle professional development or school instruction
- Form a Safe Routes Task Force
- Provide crossing guard training materials
- Adopt Wellness Policy amendments

Work to jump-start the Essex program

- Consider flagship event participation, route mapping, arrival dismissal planning, and education

MERMS

- Consider arrival dismissal planning and regularly scheduling grade 6 bike assembly

Celebrating out Student Commuters

