Bitterroot Valley area Schools

Friday April 18th 2014 8:00 – 4:00
Victor Public School, 425 4th Avenue

Kindergarten through Fifth Grade
Better Health through Walking and Bicycling

JOURNEYS FROM HOME

Purpose: *To give children the skills necessary to become competent, predictable, and comfortable on their route to school.*

To give parents the confidence to allow children to travel freely in their community.

How: *A comprehensive education program:*

- *is research based*
- *provides developmentally appropriate activities*
- *touches every child, every year*
- *delivers information year after year in a progressive spiral*
- *evolves to meet the needs of the population it serves*
- *is sustainable*

When a school-based Health Enhancement curriculum is in place, and "resident teachers" have opportunity to work with the students year after year, a school wide dynamic shift to **independent travel** takes place.

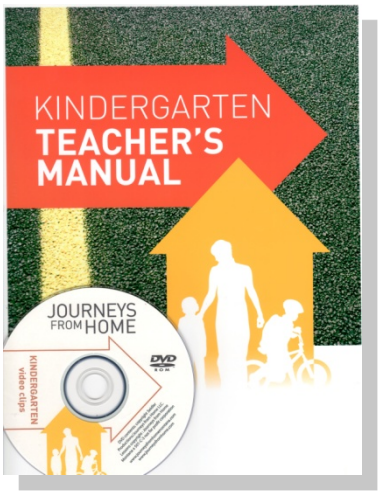
OVERVIEW

The *K-8: Journeys From Home Montana* education materials accentuate the positive; focus on perception, decision-making and mastering skills. These materials support what children like to do best; learn through discovery and participate in self-challenging activities. Each developmentally appropriate skill activity is classified by grade level. Every grade level has its own teacher's manual and series of video vignettes.

There are at least six lessons provided for each grade level. Kindergarten through second grade lessons focus on pedestrian education; third through fifth grade lessons focus on bicycle education; middle school concentrates on traffic skills.

Specific learner outcomes are established; the teaching objectives can be measured and met.

HIGHLIGHTS



These materials are unique in their approach to teaching traffic education.

Specifically:

- are research based and use established countermeasures
- focus on attainable behavior changes that can reduce children's risk
- contain lessons that are developmentally appropriate and grow with the children
- present positive images that focus on decision making and predictable, responsible actions
- offer repetitive practice under close supervision
- take children outside, on foot, on bike, on the playground and in the neighborhood street
- is taught in schools by trained, certified teachers who know the children and their developmental abilities
- is integrated into the Health Enhancement school district curriculum, rather than depending on grants and funding each year
- is fun for both children and teachers

Register and begin Online sessions @ http://www.journeysfromhomemontana.org

Click the "Online Training" tab

Eight hours face to face and 12 hours of on-line work are required to receive
20 CEU or OPI renewal units or
1 College Credit (Graduate or Undergraduate)

Workshop sponsored by
"Montana Safe Routes to School"
Funded through the Montana Department of Transportation

♦Participants do not need extensive bicycle riding experience
♦Participants are asked to bring a bicycle, helmet and tennis shoes
♦Please bring your own water bottle
♦Participants qualify to receive all curriculum supplement materials

Contact: Roger and Sharon DiBrito
Journeys From Home Montana
4765 Carolin Lane
Florence, Montana 59833
Phone: 406-273-6458
roger.dibrito@gmail.com

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