### Quick Start Fact Sheet

**Key Principle:** Leadership

## The Idea

**What areas do you want to focus on for improvement?**
- Areas around the school are safe for biking and walking.
- Regulations for cars and speed are enforced.
- Increase the number of students who walk or ride bikes to school.
- Understand community safety awareness and find partners to address issues.

**What exactly is it that you want to achieve?**
- Implement the Safe Routes to School (SR2S) program in one elementary school as pilot project.
- Community assessment to understand why children are not walking or biking to school. This defines the problem to allow for prioritizing and targeting initial interventions through the SR2S program.
- Increase the number of students who walk and/or ride bikes to school. Parents and students learn and understand how to walk and bike to school safely.
- Improve safety issues (physical, environmental, traffic) around the school in collaboration with local municipal, community partners, and police assistance.
- Encourage healthy lifestyle behaviors.

## Goals

**Consider who will be affected and how?**
- Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative?
- Who can lead the initiative? What partners/stakeholders should be involved?
- What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs).
- What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies.
- What is your timeline?
- Do you have a short-term outcome to demonstrate early visible improvements?
- How will you share/communicate your proposed initiative and with whom?

## Action Steps

**What resources can guide this project using evidence-based, best-practices?**
- Are there templates, information, guides already in place?
- What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned.
- Are there funding sources and grants that can help off set costs?

## Resources

**How will you measure progress and success?**
- How will you measure progress and success?
- What are your outcome measures?
- How often will you check and measure your progress?
- Who will be responsible for collecting and reporting the information/data?
- How will you evaluate your initiative to determine success?

## Measure Outcomes

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**Social Media**

#srts  
#NJSRTS  
@SafeRoutesNJ  
@SafeRoutesNow  
@schoolnurses  
@NJSSNA1  
#MoveEquity  
#NJSchoolNurseLeadership  

For more details on this project, see Chapter 3, Idea 2.