

# WALKING SAFETY



**Stop**  
at the curb's edge.



**Look**  
left, right, and  
behind you.



**Make  
Eye Contact**  
with drivers.



**Cross**  
with heads up and  
look around.

# BIKING SAFETY



## Be Predictable

**Follow all traffic laws** and stop at stop signs.  
**Be aware of traffic.** Ride single file in the direction of traffic. Ride in a straight line on the right side of the road. Use lights when riding at night.

## Use Hand Signals



Right  
Turn



Slow or  
Stop



Left  
Turn

## Wear Your Helmet

**Your helmet** should cover your forehead and rest just above your eyebrows.

**Straps should form a "V"** under ears when buckled.

**Tighten the strap** so it is snug under your chin.



## Watch for Shared Lane Markings

**Ride down the center of this "sharrow" symbol** to stay outside the door zone on streets without bike lanes.



# DRIVING TIPS

**Slow Down:** Watch and stop for students and families crossing, especially when other vehicles block your view.

**Park Safely:** Park, stop, and load students only in designated spaces.

**Follow Traffic Laws:** Avoid mid-block U-turns and keep crosswalks, accessible parking spaces, fire hydrants, bus stops, and driveways clear.



July 2023

# SACRED HEART SCHOOLS SUGGESTED WALK AND ROLL MAP



The City of Menlo Park supports children and families in walking and bicycling to school through safety education, fun events, and traffic safety improvements around schools.

## Learn more and get involved:

Sacred Heart Schools:  
[shschools.org](http://shschools.org)

City of Menlo Park Safe Routes to School:  
[menlopark.gov/saferoutestoschool](http://menlopark.gov/saferoutestoschool)

Parents for Safe Routes: [parents4saferoutes.org](http://parents4saferoutes.org)

**HOW TO USE THIS MAP:** This suggested route to school map is intended to encourage adults and students to consider walking or bicycling to school. Adults are responsible for choosing the most appropriate option based on their knowledge of the different routes.

**NOTE:**

- Use caution when walking and biking along roadways without designated sidewalks or bike facilities. Walk on the shoulder facing traffic as close to the edge of the road as possible.
- Walk and bike routes on Atherton Ave, Valparaiso Ave, and Alameda de Las Pulgas may be more appropriate for older students.
- For more suggested routes, please check out the citywide map at: [menlopark.gov/saferoutestoschool](http://menlopark.gov/saferoutestoschool)

# SACRED HEART SCHOOLS

150 Valparaiso Avenue  
Atherton, CA 94027

## Legend

- |  |                                  |  |   |
|--|----------------------------------|--|---|
|  | All-Way Stop                     |  | Suggested Walk Route<br>With/Without Walking Path |
|  | Traffic Signal<br>With Crosswalk |  | Suggested Bike Route<br>With/Without Bike Lane    |
|  | Crosswalk                        |  | Other Bike Lane/Route                             |
|  | Enhanced<br>Crosswalk            |  | Pedestrian/Bike Bridge                            |
|  | Crossing Guard                   |  | SamTrans Stop<br>(Routes 82, 83, 86, ECR)         |
|  | Bike Parking                     |  | Place of Interest                                 |
|  | Bike Repair Station              |  | Caltrain  |
|  | School Entrance                  |  | Loading Zone                                      |

