



WEDNESDAYS

EVERY Wednesday, starting January 6, 2016

Join your friends & celebrate the benefits of walking and biking to school.

Kids: Help Your Class Win the Golden Shoe!

Awarded EACH WEEK to the class with the most walkers/riders.

Parents: You Hold the Key!

Your child being able to walk or bike to school DEPENDS ON YOU.

- Encourage your child to walk or bike to school to instill active habits that can contribute to a lifelong healthy lifestyle.
- Many parents who walk to school say that the active trip has been a valuable way for them to spend time with their children and to socialize with other parents and neighbours.

To Do: Sign Up for Maps & Updates

Go to the link below and look for the *"Get News from this Website"* box at the bottom.

<http://ctr.wrdsb.ca/>

1

MAKE A PLAN

Know your safe route and find friends/families you can walk with.

2

DRESS FOR THE WEATHER

Walking is fun in all sorts of weather.

3

RAISE YOUR HAND

The class with the most walkers/riders wins the Golden Shoe for the week.

Have to Drive?

Consider parking a few streets away.

Worried about Kids Walking Alone?

Talk to other families on your street to arrange opportunities to walk together.

Kids are Bussed?

No worries. Bussed kids can participate by walking/running a lap or two around the school yard.

Coming Soon: Safe Routes Map

to show distances and crossing guard locations. SIGN UP FOR EMAIL UPDATES to make sure you get a copy when it's ready.

