



February 3, 2017

Walk to School in the Winter! It's Healthy. It's Safe.

Join schools across Waterloo Region to celebrate Winter Walk to School day on Wednesday February 8, 2017). It is a great opportunity to recognize current walkers, motivate new walkers, and engage parents.

STEP IN Challenge:

Don't forget to **"Enter to Win"** a \$100 Marchant's School Sporting Equipment gift card for your school!



GET INVOLVED....We are excited to offer each school who submits a success story for this challenge, a toe token for each student walker!
Also, see below, another free resource available to help students track the frequency of walk to school days. This card is available year round.

To be eligible for the draw, complete one or more of the following:

- Tell us how your **STEP IN Weekly Walk & Roll Program** has impacted your school
- Tell us how your students had fun participating in Winter Walk to School Day!
- Tell us how your school thanked the crossing guards in your neighbourhood
- Complete your Hands Up survey [Catholic School Board](#) or [Public School Board](#)

Submissions are due by **Wednesday, February 24th** to qualify.

- Please keep stories to a 100 word maximum.
- Submit your success stories with pictures to healthyschools@regionofwaterloo.ca
- Through the submission of your story you are consenting to share your successes and photos in future communications from Public Health to schools.

Step In Activity Ideas

- Have the students brainstorm a list of walking safety rules (e.g., walk with a buddy)
- City or nature walk: Go on a discovery walk with your class in a historic or special part of town for some fresh air, physical activity and a bit of education. Remember to bundle up!

School Health
E: healthyschools@regionofwaterloo.ca



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Child Health (6-12)| Healthy Living Division

Region of Waterloo Public Health and Emergency Services

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