



WALK TO SCHOOL DAY

FACT SHEET FOR HEALTH ADVOCATES

WHAT IS WALK TO SCHOOL DAY?

- A collective walk to school with a purpose - to promote health, safety, physical activity and concern for the environment.
- A global event held in early October that gives children, parents, teachers, administrators and community members an opportunity to work together to make their communities safer and more pleasant for walking.

WHY SHOULD YOUR SCHOOL PARTICIPATE?

Because walking to school:

- Lessens traffic and reduces air/noise pollution by reducing cars on the road
- Organizes drop off/pick up routines
- Promotes health and physical activity
- Helps children be more alert in class
- Increases kids' and parents' knowledge of pedestrian safety practices
- Increases parent's awareness of safer driving practices
- Increases community involvement to implement road improvements for pedestrian safety
- Increases personal safety by having more "eyes on the street"
- Provides quality time with family and friends.

HOW CAN YOUR SCHOOL PLAN A WALK TO SCHOOL DAY EVENT?

1. Contact the Walk to School Committee as soon as possible to indicate your interest in participating in next October's (2006) event.
2. Identify a coordinator, such as a parent, teacher, principal or PTA member, as the main point person for your school.
3. Get resources, updates and helpful tips from the Walk to School Committee, which will work with all schools who have registered an interest in Walk to School Day.

The more schools we have on board early, the more sponsorship we can obtain in order to make a great event happen!

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