

Walking Wednesday

Promoting active travel to and from school

Walking Wednesdays is a resource that encouraging families to choose active transportation for the trip to and from school instead of driving in a private vehicle.

Walking Wednesday/Active transportation programs;

- Are fun and engage the whole school community
- Encourage school communities to walk, bike, take the bus and/or park and walk a block!
- Are social! Spend time with family, friends and meet new people
- Enhance school safety by decreasing the volume of vehicles at school.
- Increase physical activity, improves physical, mental and emotional health while also benefiting our environment.
- Improve student success by improving health and wellness
- Reduce greenhouse gas emissions and other harmful air pollutants

Sign up here to receive Walking Wednesday resources monthly <u>Subscribe to this list</u> or <u>Forward this email</u> to a friend

Walking Wednesday resources give ideas and promote fun monthly events like "Wear a Mustache Day", IWALK Month, Jingle bell walk, Winter Walk Day, Spring into Spring, Bike to School Week, Clean Air Day and more....

Walking Wednesday	
Spring into Spring	
Spring into Spring this month	
Spring with Spring is a week long challenge encouraging etu-dents to get back etto walking new that winter is over and spring has actived?	
Spring etto Spring kocks off with daily activities on Monday, April 18 and leafs all week and Friday, April 22, 2016. Daily activities promise welking and leak it to its impact on the environment.	
Spring is a good time to have students track their walking to and their school using <u>SNSLK cards</u> . If schools are interested, stickers and price diseas cart be added as an <u>monthly</u> to performers	
Alter Spring Hits Spring anole, schools continue with Mailang Medievallays anti- Clean Air Day June 1.	
Consider addressing rainy asselfar and assling safety this month.	



Want to learn more?

 Website:
 Student Transportation Services of York Region

 Brochure:
 Heading to School? Walk Safe, Drive Safe, Be Safe

 YorkRegionGovt Videos:
 Traffic Safety Tips for Children - Running Crosswalk Eye Contact

 eDocs # 6828812
 Eve Contact

Community and Health Services

Public Health