

## 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 [Subscribe to this list](#) or [Forward this email 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....



### 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](#)

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