



**Mark your calendar:
October 7th is Walk + Bike to School Day**

Dear Parents:

We are pleased to announce that our school is participating in International Walk + Bike to School Day on **October 7th**. This event is simple: students, parents, guardians and school staff will walk or bike to school!

By walking in October, you will help raise awareness about the need to:

- Reinforce children's good traffic safety skills.
- Remind adults to drive safely in school zones.
- Create and maintain safe places for children to walk and bike within their neighborhood, such as on trips to and from school.
- Identify specific steps people can take to make our community more pedestrian and bicycle friendly.
- Promote the fact that children need regular physical activity to stay strong and healthy.
- Encourage families to have fun and spend time together simply by walking – the easiest way to stay healthy.

Let's all work together to make our community a more child-friendly place to walk and bike. You can help by walking or biking with your children to school on October 7th, through October, and throughout the year.

Sincerely,

If you would like to volunteer to help with this event as well as walk, please call

If you and/or your children already walk between home and school regularly, this is an event that will acknowledge you for doing so, and will encourage your children to keep walking safely.

If your child or children do not walk to school—or don't walk often—you will become more familiar with the route between your home and school, from a pedestrian point of view. You can talk together about the hazards—and also the pleasant things—along your children's route.

If you live too far away to walk to school, or have a hazard between your home and the school, then split your trip into two parts. First, drive or take a bus part way to school. Then walk the rest of the way with your children. It will be an invaluable learning experience for both of you.

www.walknbike.org