

# Announcements

Did you know that breathing clean air is linked to better test scores? Try walking or biking to school or your bus stop – You will be helping the Earth and maybe helping your grades! Go Green! Travel Clean!

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Hey ***School name/mascot(s)***! Did you know that October is the month of the inMotion challenge?! Walk or wheel to school or your bus stop for a chance to earn points! Go Green! Travel Clean!

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Don't live close enough to school to walk? No worries! Using the school bus can help reduce pollution around your school and community. Bonus points if you walk or wheel to your bus stop! Ride the bus – Go Green! Travel Clean!

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CO<sub>2</sub> emissions, or Carbon Dioxide emissions, are gasses that we release through our everyday activities. When we release too much, our atmosphere and environment suffers. One thing that we can do to decrease our CO<sub>2</sub> emissions at school is by walking or taking the bus whenever possible. It's healthy for us and it's healthy for the Earth. Go Green! Travel Clean!

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A great way to make the journey to school more fun is by walking with a friend – turn travel time into social time! It's good for your mental health and it's good for the air! Go Green! Travel Clean!

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Active Travel is any form of transportation that only uses physical activity as the motor. This includes walking, running, biking, rollerblading, and lots more. Active Travel is good for your body and also good for the air! Help keep our air clean with active travel! Go Green! Travel Clean!

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Need ideas about how our school can help the environment?

Try walking or biking to school. Not only are you helping our community, but you're getting exercise too!

Try taking the school bus instead of catching a ride in a car.

Encourage your parents to turn off their cars if you're parked for longer than 10 seconds.

It's Walk & Wheel to School Day next week! Let's all get moving and leave our cars at home. Walk or wheel the short distance to school or the bus stop. It's time for kids to get more active so they can grow to be healthier teens and adults. Remember, 'Be Smart, 'Be safe, too! Always *walk* on the sidewalk, but if there isn't any, walk facing the traffic so you can see them and they can see you. Keep your feet on the Street and Walk & Wheel to School on Wednesday October 3<sup>rd</sup>!

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International Walk & Wheel to School Day happens on Wednesday October 3<sup>rd</sup>. Every weekday, millions of Canadian children are driven short distances to school, creating tonnes of air pollution. Next Wednesday, join millions of parents, students, and school staff around the world and in every province in Canada by walking or wheeling to school. If you ride your bike, make sure to wear your helmet and be sure the cars can see you. Wear reflective gear and bright clothing. Do your part to keep our air clean. It's fun! It's healthy! Go Green! Travel Clean!

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Wednesday October 3<sup>rd</sup> is International Walk & Wheel to School Day. Remember to choose safe routes, walk together and cross the street safely. Have your family or friends walk with you as this is a great time to chat and have fun together. Remember if it rains, you won't melt! Put on those boots, grab an umbrella and get walking! It's great for you and the environment and its fun too. Enjoy your walk & wheel to school! Go Green! Travel Clean!

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Have you ever noticed that the air in the city smells different from air in the country? One of the reasons is that vehicles give off fumes or gases, which create air pollution. So help reduce air pollution by taking the bus or walking or wheeling to school. YOU can make a difference! Get walking and wheeling! Go Green! Travel Clean!

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Did you know that air pollution is a gas that when released in large amounts will harm people's health? We can help reduce air pollution by walking or wheeling to school or taking the bus rather than being driven. You can make a difference! Get walking and wheeling. Go Green! Travel Clean!

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In North America alone, there are over 140 million cars on the road. Together they travel almost 6 trillion kilometers in a day. That means that they use over 200 million gallons of gasoline. So how about asking your parents to avoid driving you to school and instead ride the school bus, bike, or walk to school. You can make a difference! Get walking and wheeling. Go Green! Travel Clean!

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Walking and wheeling to school does more than improve your health – it benefits the whole community! The more people that are out walking, means that there are more people outside and on the streets, meeting, and talking. Did you know smiling is contagious? Walking and wheeling to school will put a smile on your face and the faces of others! Get walking and wheeling! Go Green! Travel Clean!