

Newsletter Inserts

Clean air is good for our health!
What can **YOU** do
for healthier lungs, body, heart and mind?

Have your child [WALK](#) or [WHEEL](#) to school!

Go green! Travel clean!

Encourage active travel on routes to and from school during iwalk month and throughout the year.



“Active Transportation” to School – WALKING & BIKING:

- Improves physical and mental **health**
- Improves traffic and **safety** around your school
- Improves air quality and helps the **environment**
- Students arrive at school alert and ready to **learn**
- Families feel more connected to their **community**

During IWALK month in October: *Go green!* Travel clean!



Students: Did you know your minutes walking or biking to school count towards your *in motion*[™] school challenge minutes?

Parents: Help your children earn points for *in motion*[™] by encouraging them to walk or bike to and from school or walk to and from the school bus.





Did you Know?

100 kilograms of CO2 emissions can be reduced by eliminating 4 short car trips every week

Plants, soils, and bodies of water benefit from clean air too.

Do your part in protecting our Earth.

- Have your children take the bus if they are a bus rider
- Encourage children to walk to the bus stop
- If children need to be driven, consider sharing rides with others

Go green! Travel clean!

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Did you Know?

Clean air leads to better test scores and attendance in school. Parents *avoid idling* your cars to keep the air around school clean for student success.



Teachers:

See our new activities with curriculum links on active transportation and climate change:
<http://activesaferoutes.ca/resources/climatechange/>



October is International Walk to School Month (iWalk)

iWalk is an international event to raise awareness about walking to school.

Benefits of active travel (walking and wheeling) to and from school are:

- Improved physical and mental health
- Improved traffic and safety around schools
- Improved air quality and helping the environment
- Students arrive at school alert and ready to learn
- Families feel more connected to their community

You can start preparing for iWalk month by planning a new routine this school year of walking and/or cycling to school!

For more information about the benefits of active travel, visit the Active and Safe Routes to School website at <http://activesaferoutes.ca>



October is IWALK month

Clean air is important for our health, the environment, and student success at school! Parents and caregivers can take part in keeping our air clean by encouraging children to engage in active school travel. What is active school travel? Active school travel means to travel to and from school by walking or any form of wheeling such as biking. Ways to keep our air clean is to have students take the school bus if they are eligible, and actively travel to their bus stop. Parents can also try to avoid idling their cars when dropping off or picking up your children at school.

For this year's October iWalk month and throughout the school year, do your part to protect the Earth.

Go green! Travel clean!

For more information on the benefits of active school travel visit the Active and Safe Routes to School website at <http://activesaferoutes.ca/>

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PARENTS: Need motivation to *Go Green!* **Travel Clean!**
during iWalk month this October?

Print out an active travel passport for your children and
track with them their travel to and from school!

<http://activesaferoutes.ca/climatechange/>



October is iWalk month: *Go Green!* Travel Clean!

- Walk or wheel with your children to school.
- Encourage your children to walk or wheel to the bus stop.
- If you must drive, turn off your car when parked, instead of idling.

**Track the healthy ways you are getting to and from school!
Click on the link to download your own active travel
passport.**

<http://activesaferoutes.ca/climatechange/>

