



INTERNATIONAL WALK & WHEEL TO SCHOOL DAY ANNOUNCEMENTS

Promote Days Leading Up To The Big Day!

Tuesday (week before iWalk Day), _____, 20__

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. And 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 ____!**

Thursday (week before iWalk Day), _____, 20__

International Walk & Wheel to School Day happens next **Wednesday, October ____**. 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! Get walking, skipping, or wheeling!**

Friday (week before iWalk Day), October __, 20__

October is **International Walk to School Month**. Let's get everybody out walking or wheeling here at _____. We can join other schools and families across the world by walking or riding bikes to school. You'll see fewer cars around the school, and fewer cars means our school area is safer for everyone! If you ride a bus you can still take part by walking to your bus stop or with your friends around the schoolyard at recess.

Tuesday (Day before iWalk Day), October __, 20__

Tomorrow 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 it's fun too. **Enjoy your Walk & Wheel to school tomorrow!**

Wednesday (iWalk Day!), October __, 20__

Congratulations! It was great to see so many people **walking and riding bikes to school** today! If you came by bus you can still participate and walk at recess. Remember, **Walk & Wheel to School Day** is just the **beginning** of getting active. Walking, biking, rollerblading and skate boarding will help our environment and keep you healthy. **If you're wheeling to school be smart and wear the required safety gear and obey the rules of the road**. Congratulations for starting today and taking a step in the right direction!

Friday (after iWalk Day), October __, 20__

Walk & Wheel to School Day was a real success, but that doesn't mean you should stop now. If you live in the neighbourhood keep on walking or wheeling to and from school. Everyone, including bus students can walk at school and in your neighbourhood. **It doesn't matter how you get active. Kids need at least 60 minutes of energetic play time every day**. So start your day on the right foot- Walk & Wheel to school! Remember **'Be Safe, Be Smart'** when you walk and bike.