

**Winter and Spring: February to June 2012**

Interested in becoming an *Active and Safe Routes to School* community, please visit [www.wewalktoschool.ca](http://www.wewalktoschool.ca) or contact your Public Health Nurse at 519-258-2146 ext. 1555.



***Monday***

Instead of getting a ride to school, give walking a try. You can walk five, four, three, or two days a week. Even one day a week is a good start. If you already walk to school, congratulations! Walking to school is fun, good for you, and good for the earth!

Go to [www.wewalktoschool.ca](http://www.wewalktoschool.ca) and check out the “walking log” and fun activity sheets.

***Tuesday***

During bad weather please remember to clear sidewalks along Active and Safe Routes to School routes. For more information about types of walking programs to use in your school like Walking Wednesday or Walking School Bus, visit:

<http://www.saferoutestoschool.ca/> Remember, walking to school is

fun, good for you, and good for the earth!

***Wednesday***

Do you know what’s great about walking to school? You can walk in all types of weather, even the cold. Just remember when walking in cold weather, you need to wear the proper gear:

- Wear warm, waterproof boots.
- Wear a warm coat.
- Wear a hat and mittens.
- Wear a scarf over your face and mouth on very cold days.
- Put an extra pair of socks and mittens in your backpack, so wet items can be changed.

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***Thursday***

Walking to school takes energy, so make sure you have a good breakfast. Breakfast should include food from at least three of the four food groups from *Canada’s Food Guide to Healthy Eating*. Here are some ideas: toast with an egg and a glass of milk, or cereal with milk and a banana. Breakfast can even be cold or reheated leftovers such as pizza.

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***Friday***

How is walking to school going for you? Do you feel like there is never enough time in the morning to walk? To help make the morning easier, do some of these before you go to bed:

- Make your lunch
- Take your shower or bath
- Check the weather report
- Lay out your clothes
- Pack your backpack

Getting these things done at night will free up some time in the morning so that you can walk to school. Remember, walking to school is fun, good for you, and for the earth!

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