

December is an exciting time of year!

The first day of winter falls in December!

Start of School Christmas holidays!

Spending time with Family and Friends!

It's the start of the season of giving, sharing and loving!

December is also a great time to begin to enjoy the snow and cooler weather while wearing all your warm and cozy winter gear.

As the cold months approach us the time spent outdoors is often limited. When the cold weather hits it is common for parents to want their kids to stay indoors and for youth to not want to go outside. However, there are many benefits to being outdoors in the winter including:

- Encouraging creative play,
- Increase in exercise using different muscle groups
- Getting fresh air and avoiding illness from bacteria indoors
- Improving problem-solving skills and exposure to vitamin D.

Let's bundle up, get outside and be active! Active School Travel is simple and can easily be added into your daily routine!

- Walk and/or wheel to school or to the bus stop
- Park and walk a block to school
- If Active School Travel every day is a challenge, choose one or two days a week to try and make a change.



Sincerely,

YCDSB Active School Travel Team