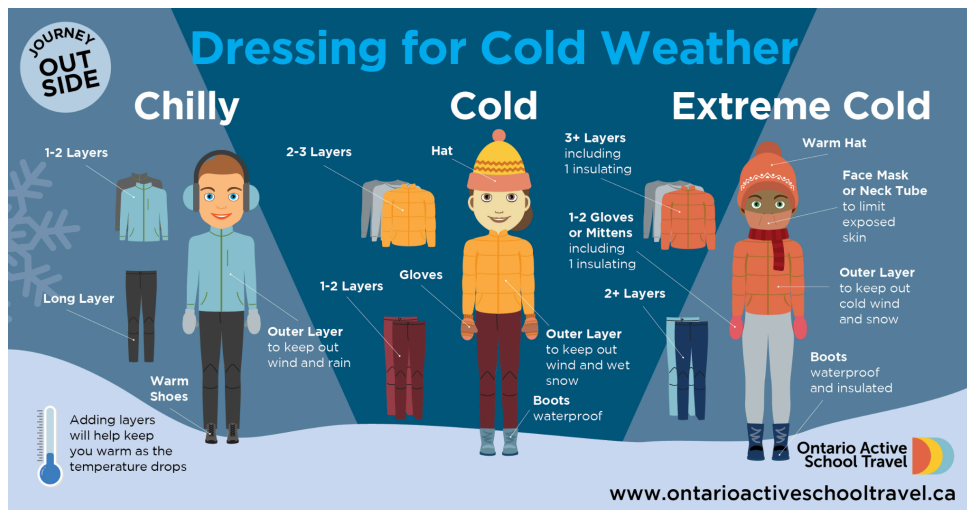


**Welcome back!** For January, we have some tips for how to get outside and still have fun in the cold, including while you're walking or wheeling to school or the bus stop.

- Being dressed for the weather is the first step to enjoying the outdoors. Here are a few suggestions on how to stay warm:
  - Wear a base layer
  - Wear an insulating layer (wool socks, shirt and pants but not jeans or cotton)
  - Wear an outer shell (windproof jacket with a hood and snow pants with elastic or velcro fastening at the cuff)
  - Wear insulated waterproof snow boots
  - Have a hat that covers the ears (and a spare!)
  - Add a neck warmer
  - Finish with waterproof mittens
- Keep moving!
- Eat healthy snacks to keep your body going.
- Drink water! Even though it's cold, the air is dry and your body can become dehydrated.



### Winter Walk Day!

Winter Walk Day is celebrated by schools across Canada on the first Wednesday of February each year. Walking and wheeling to and from school is fun every day, so we encourage you to journey outside throughout the entire month of February!



Sincerely,

YCDSB Active School Travel Team