

## Make A Commitment TO WALK, CYCLE OR RIDE THE BUS This School Year!

It's the start of the 2025/2026 school year! We want all of our students and families to take a positive step and encourage all families to incorporate active school travel in their children's daily routines.



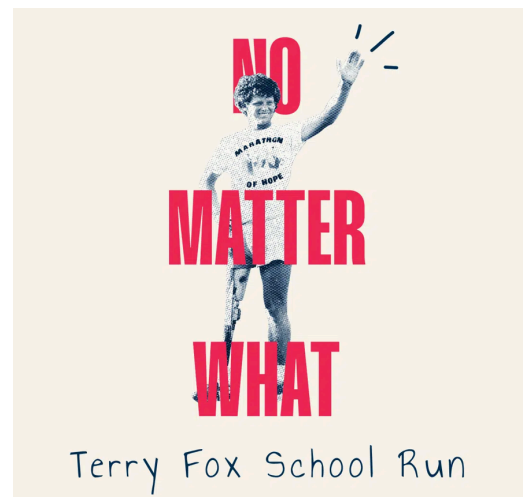
There are many benefits to walking and cycling and riding the bus to and from school including:

- Improves student academic performance by making children more alert and better prepared to learn
- Contributes to the daily goal of 60 minutes of moderate or vigorous activity for children, improving their health and overall fitness
- Reduces traffic congestion and improves safety for everyone in school zones
- Promotes life-long habits that foster independence and active lifestyles, preparing children for their future

For those who can't walk or cycle to school every day, choosing active travel once, twice or a few days a week or parking a block away from the school and walking the rest of the way can still provide benefits. Include active travel as part of your daily routine!

## TERRY FOX RUN

Each fall communities across Canada and the world come together to continue Terry Fox's legacy to raise awareness of cancer. Terry Fox Run Day is an excellent opportunity for all students and families to get active for an incredible purpose. On September 25, we encourage all students and families to safely participate in a Terry Fox Run in any way you can.



Sincerely,

YCDSB Active School Travel Team