

## WINTER WALK DAY

The snow has fallen and the winter season is now in full swing! Celebrate the colder months of the year by staying active alongside your peers and school community with **Winter Walk Day on February 4th**.

Enjoy the beauty of the snowflakes and snow-covered trees on your journey walking to and from school. Walking is healthy for our body and minds – and prepares our brains for learning.

Beyond all the health benefits, walking to school in winter is just plain fun. Try stopping to roll a large snowball or make snow angels and you'll see what an enjoyable adventure it is to be active when getting to school as well as when returning home again. Make sure to dress for the cold weather by adding layers of clothing!

Walking together with friends and family fosters social connections and we encourage parents, teachers and the entire school community to participate alongside our students. Let's continue to celebrate walking as a fun form of exercise and an opportunity to connect with our community. Together, we can make **Winter Walk Day** an unforgettable experience for everyone!



For those who can't walk or cycle to school every day, choosing active travel once, twice, or a few days a week can still provide benefits. You can also consider parking a block away from the school and walking the rest of the way.

Remember it only takes 21 days to create a habit. Consider making small changes to your routine to get these benefits that could have major lasting impacts on your child(ren) lives. Include active travel as part of your day-to-day life.

Sincerely,

YCDSB Active School Travel Team