

## OCTOBER IS INTERNATIONAL WALK TO SCHOOL MONTH

### WALK OR BIKE TO SCHOOL WHEN POSSIBLE

*Here are some great reasons to get to school actively:*

- It is a chance to talk to your children on the way to school.
- Children are better able to concentrate at school.
- Less traffic on the road improves safety near schools.
- Less air pollution in the school area.
- More physical activity!
- It is fun!



There are lots of great ways for your children to get to school actively. Try to walk, bike, scooter or skateboard and always remember their helmets! If you don't live close to the school, try parking 2 blocks away and walk from there.

The Active and Safe Routes to School website ([saferoutestoschool.ca](http://saferoutestoschool.ca)) offers great ideas for families to use when planning alternatives to car travel.

Visit [tbdhu.com/schools](http://tbdhu.com/schools) for more info or call 625-5972.

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