

## Winter Walk Day 2020 is Wednesday, February 5th

It's the perfect opportunity for parents and kids to get outside together!

*Preparing for a winter walk to school:*

- Wear appropriate clothing (hat, mitts, neck warmer, boots and coats)
- Wear clothing or carry knapsacks with reflective material
- Organize the person or group that you plan to walk with ahead of time
- Try a practice walk with your family so you know your route
- Pack your lunch and have your backpack ready to go the night before so you are not rushing in the morning



Classes/schools can register with OAST <https://ontarioactiveschooltravel.ca/winter-walk-day/> to win prizes.

