

It's Time To WALK&ROLL!



Walk or roll to school! Improve the air quality, your mental and physical health and feel more connected to your community.

Parents

- Walk on the weekends with your children to find the safest and quickest route to school.
- Meet with your neighbours to plan to walk together or take turns walking the kids to school.
- Speak with your school to find ways to encourage all kids to walk to school.

Students

- Find friends who are walking in your direction.
- Dress right for the weather.
- Be a buddy. Walk a younger neighbour to school.
- Set a goal of walking once a week.