



Walk and Roll to School Morning Announcements



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**Read these daily announcements to remind students to use
active transportation!**

- Walk to school fact #1. Did you know that walking and rolling to school will help you to learn better? That's right! Just 20 minutes of physical activity before school will improve your concentration for up to four hours!
- Walk to school fact #2. When we all walk and roll to school our morning becomes safer for everybody because there is less traffic in the school parking lot. Let's keep our schools safe and green by using more active transportation.
- Walk to school fact #3. Walking and rolling to school every morning will help you to increase your physical activity. Being physically active reduces your risk of chronic disease, gives you more energy, reduces the negative effects of too much screen time and improves your mood. Wouldn't it be great if everyone was just a little happier?
- Walk to school fact #4. Walking and rolling to school helps us to breathe cleaner air! All of the cars in the parking lot idling while they wait to drop students off create emissions which are unhealthy for you to breathe in. If you would like to breathe clean, fresh air, walk or wheel to school or take the bus! This will keep more cars off the roads.
- Walk to school fact #5. When we consider all of the benefits of walking to school, it is much safer for our health for us to walk or roll then it is to take a car! Get out and walk, or take the bus. Skip the car!



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- Walk to school fact #6. Finding a walking buddy can be fun and add safety to your walk to school. Choose a friend, or if you have a neighbour that is too young to walk alone, offer to walk with them to school! Build community, help a friend, and have fun during your walk!
- Walk to school fact #7. Don't forget to think about safety when walking or rolling to school. Stop, look and listen before you cross the street and look for cars coming out of driveways. Wear bright colours so you are visible to cars. Young cyclists should stay on the sidewalk, and ring your bell or call ahead to let people know if you are passing.
- Walk to school fact #8. Improving your performance at school can be as easy as getting outside more often! Walking or rolling to school and home can give you that boost of Vitamin Nature that we need to keep us happy and healthy.
- Walk to school fact #9. Did you know to be healthy we should limit our screen time to under two hours per day? Walking or rolling to school will give you more time to be outside with friends and family and away from screens. Power off and walk!
- Walk to school fact #10. Choose to walk or roll to school when you can. If you can walk one day a week instead of driving, start there. It's ok if it's not every day – we can all start somewhere to make ourselves, our families and our communities healthier! Let's walk to school everyone!