



January 2019

Dear Parent(s)/Guardian(s),

Welcome back! For January, we have some tips for how to get outside and still have fun in the cold, including while you're walking/wheeling to school or the bus stop.

- Being dressed for the weather is the first step to enjoying the outdoors:
 - Wear a base layer (long johns, thermal long underwear – made of wool not synthetic or cotton)
 - Wear an insulating layer (wool socks, shirt and pants but not jeans or cotton)
 - Wear an outer shell (windproof jacket with a hood and bib snow pants with elastic or velcro fastening at the cuff)
 - Wear insulated waterproof snow boots
 - Have a hat that covers the ears (and a spare!)
 - Add a neck warmer
 - Finish with waterproof mittens
- Keep moving!
- Eat high-fat snacks like cheese and nuts to keep your body going.
- Drink water! Even though it's cold, the air is dry and your body can become dehydrated.

The YCDSB AST Team and York Region Public Health have put together a **Kindness Calendar** for January. After the excitement of the Christmas season, it's important to carry on the spirit of giving to yourself and to others.

How it works:

- Print the attached Active School Travel Kindness Calendar.
- Each day, check off the small acts of kindness that you complete in the calendar.
- There are two questions to answer on the calendar. Submit a photo of your calendar with your answers to: activeschooltravel@ycdsb.ca by February 8, 2019 to be entered in a prize draw! The winner will be chosen by random draw, no minimum days required for entry.
- We will Tweet the daily acts of kindness each school day from **@ycdsb_AST**. Tweet us photos of you being active and kind this month and tag **@ycdsb_AST**!

February 6, 2019 is Winter Walk Day!

Schools can visit <http://ontarioactiveschooltravel.ca/winter-walk-day/> to plan a day for your school community. Let us know if you are interested in participating so we can support you! There are activities available to you for that day, as well as for the whole month.

Sincerely,

YCDSB Active School Travel Team



Winter Walk Day – February 6, 2019

- There are 3 patterns in the calendar. Can you identify them? 1. _____ 2. _____ 3. _____
- Which challenge date was your favourite? _____

January 14 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Wish the crossing guard or a classmate on your walk to school a great day! 	January 15 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ On your walk to school or the bus stop make a snow angel 	January 16 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Count how many snowmen you see on your walk to school 	January 17 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ On your walk to school complete 10 star jumps and 10 jumping jacks 	January 18 – PA Day! <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Check your local recreation centre for fun activities that you and your family can do together
January 21 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Have a friendly conversation with someone you don't always speak to in your Class 	January 22 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Say something positive to your parent/guardian or a member of your family 	January 23 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ On your walk to school tell yourself you will have a great day 	January 24 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Thank your crossing guard for helping you cross the road 	January 25 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Compliment your teacher and one of your classmates
January 28 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Drink water when you are thirsty and to prevent dehydration when active 	January 29 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Write down two positive things about yourself before leaving to school 	January 30 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Make someone laugh today 	January 31 <ul style="list-style-type: none"> ✓ Walk to and from School or the bus stop today ✓ Wear something fun today - favourite colour, polka dots, animal prints 	 Winter Walk Day – February 6, 2019

For a chance to **win a prize**, please submit a photo of your calendar with the days of challenges you completed, along with your answers to questions 1 and 2 to activeschooltravel@ycdsb.ca by February 8, 2018.