

December 2018

Dear Parent(s)/Guardian(s),

As the colder months approach us, our time spent outdoors is often limited. However, there are many benefits to being outdoors in the winter including: encouraging creative play; increasing physical exercise using different muscles groups; getting fresh air; improving problem-solving skills; and increasing exposure to vitamin D.

Just as we prepare for winter by bundling up or getting our flu shots, we prepare for Christmas by celebrating the Advent season. Advent is a time to reflect and prepare for the birth of our Lord and Saviour, Jesus Christ.

Our York Catholic **Active School Travel Team** and **Religious Education Department** have teamed up this Advent to take our students on an **Active School Travel Challenge**. Using the Jesse Journey Tree, pictured on the right, students are encouraged to reflect on a different Jesse Journey Tree symbol and its related scripture passage each day as they journey to school between December 3 - 21.



How it works:

- [Download our Active School Travel Challenge Package](https://www.ycdsb.ca/student-transportation/) containing Jesse Journey Tree symbols, scripture passages and prayers for each day of Advent. Please print off a copy for your child. The package is also posted on the Boards website under Student Transportation at: <https://www.ycdsb.ca/student-transportation/>.
- Each day, families/students read the passage and prayer and children colour and cut out their symbol at home (with the help of an adult as needed), and carry it with them as they walk/wheel to school or their bus stop while making the daily journey connections.
- When students arrive at school, or at an appropriate time during the school day, they should then add their symbol under the Jesse Journey Tree located in the school's front foyer. Over the course of the 15 school days during Advent, the tree will fill up.
- We will Tweet the symbols and connections each school day from **@ycdsb_AST**. Tweet us photos of your journey and tag **@ycdsb_AST** so we can share your child's Advent journey.
- Following the daily symbols in the [Active School Travel Challenge Package](#) there is a picture of a Jesse Tree for your child to colour the corresponding symbol for each day they walk/wheel to school or the bus stop. Send a photo of your child's coloured tree to: activeschooltravel@ycdsb.ca by January 7, 2019 to be entered in a prize draw! The winner will be chosen by random draw, no minimum days required for entry.

The Jesse Journey Tree is a way of celebrating our religious family tree while we promote healthy living, and a rich prayer life. We hope you will join us on this Advent journey!

Sincerely,

YCDSB Active School Travel Team and the Religious Education Department