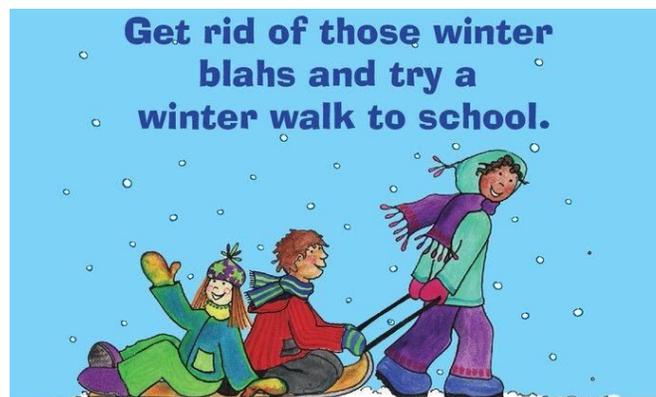


February 2020 - ACTIVE SCHOOL TRAVEL NEWSLETTER

In most households, finding time to be active together can be a challenge. Work schedules, technological gadgets and other commitments often get in the way of important time that can be shared amongst family members. Active School Travel is a great way to incorporate this active family time and only requires small alterations to your routine. Active school travel allows families to talk to each other more, be imaginative, create strong bonds, express feelings, and overall boosts self-confidence and positivity.

Walking or cycling to school or the bus stop is also a great way to meet other families and school community members which can lead to building relationships and even group walking. This helps to create safer neighbourhoods and build a greater sense of community.

WINTER WALK MONTH



February 5th was **Winter Walk Day** and was the start of Winter Walk Month. Make a commitment this February to journey outside and celebrate winter by walking to and from school or the bus stop. By dressing for the weather, keeping active and staying hydrated, you can stay warm and enjoy the winter weather.

For those who can't walk or cycle to school every day, choosing active travel two or three days a week can still provide benefits. You can also consider parking a block away from school and walking the rest of the way.

Remember, it only takes 21 days to create a habit. Consider making small changes to your routine to get these benefits that could have major lasting impacts on your child(ren) lives. Include active travel as part of your day-to-day life.

Sincerely,

YCDSB Active School Travel



Team