

**ON OCTOBER 4TH, UGDSB IS CELEBRATING WALK TO SCHOOL DAY AND WALK AT SCHOOL DAY!**

Walk to School Day is an international event that encourages students to be active on their journey between home and school. The Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages parents and guardians to walk, bike or wheel to school with us on Walk to School day October 4th. The ASRTS committee is encouraging schools with bused students to also participate by organizing a walk around the school yard at lunch or before bell time.

Walking and riding to school are great ways to include physical activity into the day, and it is well known that students who use active travel to get to school arrive alert and ready to learn.

As a parent you can help your child learn about walking or riding to school safely:

* Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
* Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
* Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
* Adopt a buddy system. Walk with a “walking buddy” – a sibling or a friend.
* Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
* Talk about the rules of the road and [pedestrian safety](http://www.halton.ca/cms/one.aspx?objectId=17900).

Visit [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) for more information and resources on active school travel.