



WE'RE WALKING TO SCHOOL. WHY NOT JOIN US?

HI! WE'RE THE _____ FAMILY.

We're planning to make some changes to make it safer and easier for our kids to walk to school and we hope you'll join us.

WHY WE'RE CONCERNED

When we were kids, most of us walked to school. And of course, our parents did it backwards in bare feet and uphill both ways! But sadly only 28% of our kids walk or bike to school today.

There are lots of reasons families like ours choose not to walk to school – from stranger danger to busy streets and hectic lives. But the sad thing is that our kids are losing out when we throw them in the back seat or load them on a bus and drop them right at the school door.

Kids need to move at least 60 minutes EVERY day. Less than 15% of Saskatchewan kids meet that guideline – and walking or biking to school is one of the easiest ways to get some of that physical activity. It also helps kids build independence and social skills.

BECOME A WALKING BUDDY

One answer to the problem is a walking buddy program – a group of students led by one or two adults that walk, scoot or bike a pre-planned route to school.

It's a safe way for kids of all ages to get to school in the security of a group. Adults take turns leading the group, stopping along the route to pick students up.

WANT TO LEARN MORE?

Get in touch if you'd like to learn more about our plans, want your kids to join our group (even once or twice a week) or can volunteer to take a turn leading the group.

PLACE LABEL WITH YOUR CONTACT INFORMATION HERE.



RESEARCH SHOWS THAT PARENTS WHO WALK TO SCHOOL WITH THEIR CHILDREN ARE HAPPIER AND MORE RELAXED THAN PARENTS WHO DRIVE THEIR CHILDREN TO SCHOOL.

GIVE WALKING A TRY!

Visit www.saskatchewaninmotion.ca for more information about school travel planning and walking to school:

- webinars and videos
- tips and tools to get you started
- downloadable tools to help you advocate for school travel planning

