



Walk to School activities are fun, educational events involving children, parents, schools, businesses and community leaders.

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Dear Principal _____:

International Walk to School Month is October. We are requesting that you put this event on the school calendar.

Why?

1. The second leading cause of death for 5-12 year olds is being hit by a car.
2. Children’s academic abilities are improved by physical activity, like walking and biking.
3. This event will benefit all students – whether they arrive by foot, bus, bike or car.

Walk to School activities raise awareness about the need to:

- ✓ Reinforce children’s good traffic safety skills.
- ✓ Remind adults to drive safely in school zones.
- ✓ Create and maintain safe places for children to walk and bike within their neighborhood, such as on trips to and from school.
- ✓ Identify specific steps people can take to make our community more pedestrian and bicycle friendly.
- ✓ Promote the fact that children need regular physical activity to stay strong and healthy.
- ✓ Encourage families to have fun and spend time together simply by walking – the easiest way to stay healthy.

Walk to School Month takes place all around the world, but will be organized locally with resources from the California Center for Physical Activity within the California Department of Health Services. October is the month chosen by an international steering committee. During October, we may benefit from national and state media attention. To date, over 1,200 schools in California have held events during this month. However, any month that’s mutually acceptable is fine. What’s important is having events that promote safe streets for children and that help children be safe pedestrians and bicyclists.

We have ideas that could make Walk to School Month a big success at your school. Please use the contact information below to discuss this opportunity. If you want to learn more by visiting a website, log onto www.caphysicalactivity.org and go to CA Walk to School Headquarters.

We hope you will join us to work together to make streets near school a safer place for children.

Sincerely,



