



October is Walk/Bike/Wheel to School Month

Please join us on Tuesday, October 16th to celebrate **Notre Dame Walk/Wheel to School Day**. Adults will be positioned at the following pick up points to accompany children to school. Members of our Owen Sound Police Force will be available to accompany us also.

We encourage as many children as possible to meet at these points and walk to school. Please note that there will not be adults accompanying children home at the end of the day so students will need to take their usual route home.

Pick up a Scavenger Hunt in the office if you would like to do this on your walk.

Notre Dame: Walking School Bus Pickups: Zehr's Parking Lot and Bayshore Parking Lot, both @ 8:00

Why Walk or Wheel to School?

It is recommended that school-aged children have at least 60 minutes per day of moderate to vigorous physical activity.

Increased physical activity leads to improved cardiovascular health and healthy brain development.

Mental Health benefits of physical activity include reduced stress, depression, anxiety and increased sense of happiness.

Walking/Wheeling to school is **FUN** and good for the environment!

Reducing traffic volumes at bell times creates safer school zones for all students and improving walking and cycling routes to school enhances the safety, connectivity, and quality of life for the community as a whole.

Reducing the number of children being driven to school improves air quality and reduces associated risks of lung and cardiovascular diseases. Air pollution can also impact cognitive development: children are particularly vulnerable, experiencing negative impacts at lower levels of exposure than adults.

Students who live too far from school can still get active by getting dropped off a block or 2 from school or participating in activities at recesses.