



WALKtober

International Walk to School Month!



Dear families,

International Walk to School Month, which is held every October, is a fantastic opportunity to encourage your child to embrace the benefits of walking to school. Not only does walking promote physical well-being for children of all ages, but is also a proven way to improve social and emotional well-being which is why this WALKtober our theme is “Walking Makes Me Happy!” Below is more information on the benefits of walking to school and ideas on how your family can participate in WALKtober. We understand that work commitments and busy lifestyles may not always allow for walking to school every day, but adding just one walk a week will have a positive impact!

BENEFITS for CHILDREN:

1. **Physical:** By encouraging children to walk to school, we can help in establishing healthy habits early in life. Walking is an excellent form of exercise that improves cardiovascular health, strengthens muscles and bones, and helps to maintain a healthy weight. Regular physical activity, such as walking, reduces the risk of childhood obesity and related health issues. The walk to and from school can also be counted as part of the 60 minutes of physical activity that is recommended for children each day.
2. **Mental:** Walking in the fresh air can boost children’s mood, reduce stress and improve general well-being. It provides an opportunity for them to clear their minds, making them more focused and ready to learn once they arrive at school.
3. **Social:** Walking to school allows children to interact with their peers, building social skills, and forming friendships. It also helps in building a sense of community among pupils living in the same area.
4. **Independence:** Walking to school fosters a sense of independence and responsibility in children. It teaches them important life skills such as road safety, time management, and navigation, all of which are vital when making the transition to secondary school when parents are less likely to be on hand to support.

We will be kicking off WALKtober with our annual International Walk to School Day on **WEDNESDAY OCTOBER 2nd!** If your child lives close enough to walk to school they can participate by walking to school that day! If you drive your student to school consider participating by dropping them off a block or two away from the building and allowing them to walk the rest of the way **OR** join one of our walking school busses! Check your school’s Facebook page or the Safe Routes to School Moscow Facebook page for details on a walking school bus near you! We look forward to seeing you!

thank you,

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