



# October Walk to School Month

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## Dear Principal:

Join students and adults around the world to celebrate the benefits of walking and bicycling. Walk to School activities are fun, educational events involving children, parents, schools, businesses, and community leaders. Walk to School month is a time for students, parents, families, and school staff to walk or bicycle to school everyday throughout October.

A planning committee has formed and meets regularly to generate enthusiasm for Walk to School Month. The planning committee requests that you put **Walk to School Day**, \_\_\_\_\_ on the school calendar and encourage students and families to participate.

## Why Promote Walking to School?

- To increase physical activity levels of students which improves students' health, as well as their academic performance.
- To teach safe walking and biking skills to children.
- To promote awareness of how walkable your school community is and where improvements can be made.
- To reduce traffic congestion, air pollution, and speeding near schools.
- To share time with community leaders, families, and students.

There are ideas and resources that can help make Walk to School Month a big success at our school, even for the students who live too far away to walk or bike to school.

[www.cawalktoschool.com](http://www.cawalktoschool.com)

Thank you in advance for considering hosting a Walk to School event at our school. I will call you next week to answer any questions you have about this request. You may also contact me at \_\_\_\_\_.

Sincerely,

