

# GET READY FOR BIKE TO SCHOOL MONTH!

## Dear Parent/Guardian:

Your child's school is participating in **Bike to School Month 2018!** Bike to School Month is a chance for schools to promote biking for fun, health, and the environment. This year, school events will be taking place between May 7<sup>th</sup> and June 6<sup>th</sup>.

Bike to School Month exists because so few children in Canada are biking to school. According to the 2016 Participaction Report Card, only 9% of Canadian children 5-17 years old are active enough for optimum development, and we need to make sure that we are creating opportunities for children to be active in the course of their day. By creating strong bike culture in schools, we can also reduce traffic congestion around the school, which is good for both the environment and kids' safety.

If you would like more information on Bike to School Month, visit our website at <http://greenactioncentre.ca/biketoschool/>, contact your school directly, or call Active and Safe Routes to School in Manitoba at (204) 925-3777, ext. 103.

We couldn't do this event without parents! Consider this: if you live within 3km of your school, it's less than 15 minutes to bike with your child to school, which is worthwhile to do even just a couple times, and you'll be teaching them the skills they need to do it on their own. You might be surprised how fast and pleasant it is to start your day with a ride down a quiet side street instead of a congested thoroughfare!

Happy rolling!

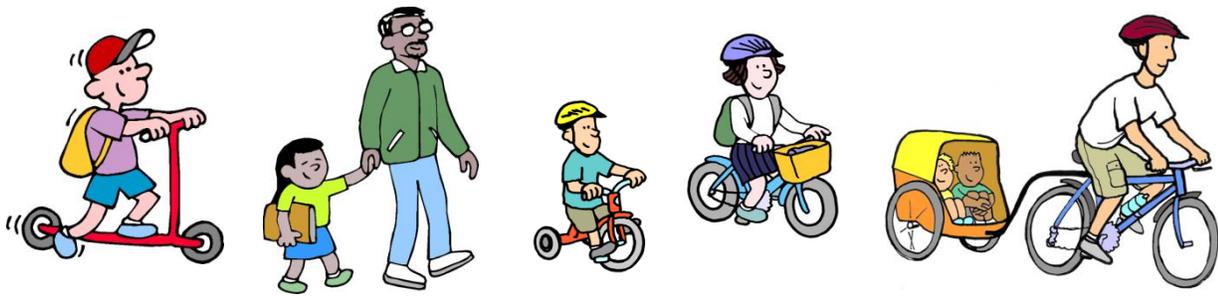
Sincerely,

Sean Carlson  
Active Events Coordinator, Active and Safe Routes to School  
Green Action Centre



Thanks to our 2018 event sponsors, City of Winnipeg and Manitoba Public Insurance





## **The six best reasons to think about walking your child to school** (as adapted from Safe Routes to School in the UK)

### **Fit and Fabulous**

63% of adults don't think they are getting enough exercise - does that sound like you? A brisk one or two kilometre walk to school and back burns 150 calories and can be easier to fit in than a trip to the gym.

### **Shiny, Happy People**

Walking releases the body's natural happy drugs – endorphins – so you'll feel more upbeat. The same can't be said for sitting in a traffic jam...

### **And You Are...?**

Nearly 9 out of 10 adults who walk their children to school think it's a better way of meeting new people than going to pubs, clubs or supermarkets. So what are you waiting for? Get out there!

### **Saving Grace**

The school run costs families on average \$1300 a year in gas and car maintenance. Just think what else you could be doing with that extra cash.

### **The Kids Are All Right**

Nearly half (48%) of children would like to walk or ride their bikes to school even more if they could, so earn yourself some brownie points by walking them to school.

### **Chit Chat**

Almost forty per cent of adults feel they're missing out on catching up with children by not walking them to school - don't let yourself become one of the parents who's missing out.