[INSERT LETTERHEAD]

Hello Parent / Guardian,

[INSERT SCHOOL / CLASS NAME] is participating in Walktober to encourage walking and healthy living. **We encourage you to walk, bike, or roll to school throughout October.** Live too far to walk the whole way? Try stopping a few blocks away from the front entrance and finish the trip on foot.

We’ll be doing activities throughout October to get active, help students build confidence, learn new skills, and experience the benefits of active transportation. Students will be doing [list any activities you’ve planned or selected from the activity kit, like group walks, walkabouts, scavenger hunts etc.]

What are some of the key benefits of walking before and after school?

* **Better classroom experience**

Being active before class is connected to improved concentration, which can lead to a more enjoyable school day for your child

* **More physical activity throughout the day**

Canadian Children received a D+ for overall daily physical activity in the 2020 ParctipACTION Report Card. Due to Covid-19 response measures, daily physical activity has dropped further. Walking or being active on the trip to and from school is a great opportunity for more physical activity

* **Less traffic**

Walking to school is a great way to reduce the number of vehicles on the road around a school, reducing traffic congestion and improving air quality

To ensure that your child/student is able to fully participate in Walktober activities throughout the month, please send them to school dressed for the weather - whether it is sunny, rainy, or windy.

Happy walking!

Sincerely,

TEACHER OR ADMIN NAME