

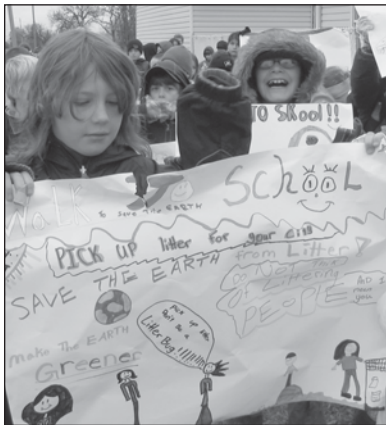
4.1.2 CLEAN AIR DAY

Clean Air Day – the first Wednesday in June – can be an event on its own or used as a celebration of your school’s walking successes throughout the year.

It’s also a special day to celebrate the environment and the positive impact that using active transportation has not only for us as individuals, but for the whole community and the world. Many of the ideas suggested in the previous pages related to IWALK Month – from planning a successful event to keeping track of participation – can be modified and used for Clean Air Day celebrations. See more ideas below on specific environment-related activities you can use to celebrate Clean Air Day.



For more information on Clean Air Day in Manitoba, visit www.greenactioncentre.ca under programs.



CLEAN AIR DAY POSTER COMPETITION

Each year, the Active and Safe Routes to School program in Manitoba coordinates a Clean Air Day poster competition and asks students to submit their visions of clean air communities related to walking and wheeling to school. See the information below – have your images submitted by the last Friday in February to be included in the competition!



4.2 WALKING WEDNESDAYS CLUB

Starting a Walking Wednesdays Club follows naturally from International Walk to School Month, especially if your IWALK Month event promotes walking on one day a week. Promoting walking to school once a week throughout the entire year can be a great way to keep up the energy and momentum, and help form positive habits that continue into the summer, the following school year and maybe even for a lifetime!

After IWALK Month is over, set aside one day a week or one day a month to walk to school. Students can create posters to take home

with them or display around the school to act as reminders. Morning or end-of-day announcements can also be used as reminders of the day and friendly classroom competitions can keep the energy pumping. For example, the class with the highest participation can win the “golden shoe award,” an old sneaker spray-painted gold by a parent or teacher. Keep track of participation each month and have an awards ceremony on Clean Air Day in June for the classes with consistently high participation.

Walking Wednesdays Clubs can also engage those students who travel to school by bus, or live too far to walk or bike, by having them walk at school.

In the pages below, you’ll find the following information and ideas:

- Walking Wednesdays Club brochure
- Walking Wednesdays Club poster
- Pick your theme day
- 23 quick ideas for your Walking Wednesdays Club
- Walk Across Canada and Kilometre Club
- Sample materials and articles from École New Era School (Brandon)

You can also find more information in the sections on Walking School Buses (section 4.3) and Walk-a-Block Zones (section 4.5) that can be useful tools to build community and address some of the barriers to walking alone to school.

What about biking?

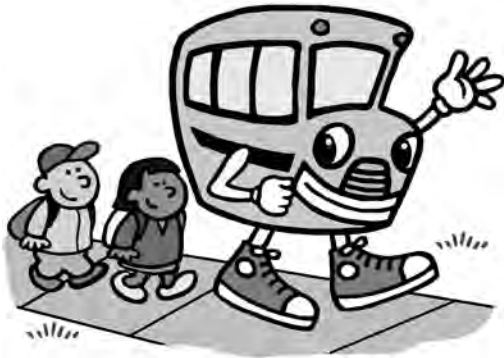
Expand your program to include biking with a Walking / Wheeling Wednesdays Club. The idea is the same – designate one day a month or one day a week as a walk / bike to school day. Families do not need to make a commitment to walk or bike every day, just on that one day per month or per week, giving them an opportunity to adjust their schedules and get into the habit of active travel.



Walking School Bus – I feel so invigorated!

Since less than 10% of the school population lives close enough to walk to school, Balmoral Hall School arranged for the option of dropping students off at a designated location. They walked the rest of the way to school as a group, which takes about 20 minutes. This has proven to be an excellent way to start the day, as one grade 2 student commented, “I feel so invigorated!”

WALKING WEDNESDAYS CLUB!



Did you know that...

- **31%** of Canadian children do not get the physical activity they need to develop cardiovascular fitness, muscle strength and flexibility and over **25%** of Canadian children are considered overweight?
- According to a recent **Environics** survey, **68%** of Canadian children have a walk to school of 30 minutes or less and that **only 36%** walk as a rule?
- Approximately **25%** of morning rush hour trips are parents ferrying children to school? The sheer volume of traffic in school zones creates an unhealthy and unsafe atmosphere for children.

Source: www.tc.gc.ca/TCExpress/20020910/en/fa09_e.htm

Make each Wednesday a walking one by becoming a member of the Walking Wednesdays Club!

What are the benefits of your school participating in the Walking Wednesdays Club?

- Promote healthier lifestyle choices for students and their families
- Reduce car trips to school
- Encourage walking and other active travel
- Reduce pollution and climate change emissions

How does it work?

Keep track of the number of students who walk to school on Wednesdays by using the Walking Wednesdays Club Calendar. Record class walkers by using the water-soluble marker. You can calculate the class totals at the end of each month by adding the total of participating students who walked (or biked, bladed, hopped or skipped) during the month to school. If your class wants to track the number of kilometres travelled by the students who walk to school you can do this by approximating that 1km is equivalent to a 20-minute walk.

As an alternative, it may be easier to incorporate the walking club into one of your classes. You can organize a 20-minute walk during class time. The importance of this club is that children have the opportunity to walk and this doesn't necessarily have to be before school hours. Another important

point about the club is that it is flexible and adaptable to your classroom needs. Please feel free to adapt the program to your educational framework and...

WALKING WEDNESDAYS CLUB!

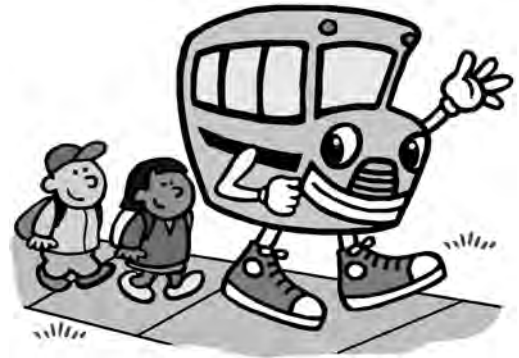
Make sure to have fun!



The Walking Wednesdays Club is a great way to introduce the concept of walking to school. Students can prepare posters that they can take home with them or display around the school to build excitement around the event. Classes can even have a friendly competition to encourage walking.

Examples of how to use the program in your school:

1. PA announcements remind students each Tuesday morning that Walking Wednesday is the following day. They are encouraged to walk for healthy bodies, cleaner air and safer streets.
2. The few students that are unable to walk to school are encouraged to walk or jog a half kilometre circuit of the school playground.
3. The number of walkers could be tracked by the class and displayed on the school's Walking Wall in the lobby for all to see.



Personal Benefits of Walking:

- Walking refreshes the mind, reduces fatigue and increases energy.
- More than half the body's muscles are designed for walking; it is a natural movement that is virtually injury-free.
- Walking provides an enjoyable time for sharing and socializing with friends and family.
- Regular brisk walking can reduce elevated blood fats or blood pressure and improve digestion and elimination.
- Walking strengthens bones and relieves stress and tension.
- Brisk walking is an aerobic activity that trains your heart, lungs and muscles to work efficiently.

The Walking Wednesdays Club

CLASSROOM

DATE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Gus
the Walking School Bus has some fun tips to incorporate the Walking Wednesdays Club into your class!

English
Why not write a short story about your walk to school? Include the things you see along the way and how walking to school makes you feel.

Art
Create signs to use on your walk. Use your creativity to create a name for your Walking Wednesdays Club!

Social Studies
Map your route to school. Get a map of your school community and have students map out their route on Walking Wednesdays.

Math
Have students add up the number of walkers on Walking Wednesdays and the total kms students travelled.

MUSIC
Compose a theme song for your Walking Wednesdays Club! Your song could be used at assemblies or over the P.A. system.

Science
Explore lesson topics on the greenhouse effect, smog, climate change and air pollution! Make the connections between the cause and effect of carbon dioxide emissions from vehicles.

Phys. Ed.
Have your Walking Wednesdays Club incorporated into your Phys. Ed. class. Celebrate when the class reaches the 10km, 20 km or 50 km mark! Use your classes' km to take the Walk Across Canada Challenge!

THE CONVERSION FACTOR
A 20 minute walk is roughly equal to 1 km



NUMBER OF WALKERS	MINUTES WALKED	DISTANCE WALKED
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TOTALS FOR THE MONTH

NUMBER OF WALKERS	MINUTES WALKED	DISTANCE WALKED
<input type="text"/>	<input type="text"/>	<input type="text"/>

MONTH:

TOTAL KMS WALKED:



The Walking Wednesdays Club is a component of the Active and Safe Routes to School Program. For more information on the Active and Safe Routes to School Program in Manitoba, contact Green Action Centre at 204-952-5773 or active@greenactioncentre.ca. For more great ideas to encourage walking at your school, visit: www.resourceconservation.mb.ca



Walking Wednesdays club poster

The Walking Wednesdays Club poster can be used as a helpful classroom incentive and a great way to track your class and school increase in active transportation.

The posters measure 46 cm X 61 cm and are laminated so you can keep track every month, or every day!

The posters have helpful tips for curriculum integration and fun activities.

To request a copy of the Walking Wednesdays Club poster, please contact asrts@greenactioncentre.ca. You can receive up to one per class, plus a master copy for the school.

And remember, just because it says Walking Wednesday doesn't mean you can't plan another day – see below for more ideas on other theme days.

Pick your theme day!

You don't have to stick with Wednesdays – pick any day of the week for students to walk to and from school. It could be a **Trekking Tuesday**, a **Walking/ Wheeling Wednesday** or even a **Phys. Ed. Friday!**

Keep track of the number of students who walk on this day by using your Walking Wednesdays poster. To calculate the school total, add all participating classes to get the total number of students who walked (or biked, bladed, hopped or skipped) to school. If your school wants an additional poster to track the number of kilometres travelled by the students who walk to school, let us know.

“Every Wednesday is Walking Wednesday at Beaumont School. Green team members remind the school population about walking every week, collect data and announce the results on Thursdays.”

—Nina Logan, Teacher,
Beaumont School, Winnipeg

“For École Robert H. Smith School, participating in Friday walks is a way to clear our minds and celebrate a great week of learning by exercising together and putting into practice that ‘a Healthy Body means a Healthy Mind.’” —Claudette Warnke, Vice-Principal, École Robert H. Smith School, Winnipeg

“Deloraine School has had walk to school days where the rural students are dropped off at one stop and all students walk to their respective schools. We have done this in conjunction with a proclaimed walk to work day for businesses. This day was originated by a school class.” —Dale McKinnon, Teacher, Deloraine School, Deloraine

23 QUICK IDEAS FOR YOUR WALKING WEDNESDAYS CLUB



Contact Green Action Centre if you would like any help with starting a Walking Wednesdays Club or a full-time Walking School Bus at your school. We can help you organize traffic audits and safety workshops for your school, and provide help with safety training for students and adult volunteers, as well as with route planning for your Walking School Bus.

Call on us at 925-3773 or asrts@greenactioncentre.ca for more information or more resources.

Here are some fun ideas to help you implement a Walking Wednesdays Club, or a daily Walking School Bus at your school. It's up to your school to tailor the day's activities to suit your own needs and schedule! If you cannot walk on Wednesday choose another day of the week. If you want to celebrate cycling, running, rollerblading or skateboarding you can do that too. Be flexible and have fun!

1. Strike a "Walk to School Committee" of older students at your school. Ask them to calculate, post and announce your weekly "walk to school" results every week.
2. On the first Wednesday of every month, have 5 parent volunteers become "Walking School Bus Drivers." They would meet students at various predetermined locations in the community and walk safely and happily to school together.
3. On the first Walking Wednesday of each month, invite parents and grandparents into the school for refreshments. This would encourage more family members to walk to school and help to develop a sense of community.
4. Have a monthly draw for the students who walk or choose another form of active transportation (ie: bike, scooter or roller blade) to get to school. Each day the homeroom teachers ask who has walked to school and give the walking students a ballot to fill out. Students drop off their ballot at a centralized draw box placed in a school common area. Once a month have a draw for a prize like a book, shoelaces, reflective strips for backpacks or something else. At the end of the year put all the names of the walking students in a big draw box for a major prize – like a new pair or running shoes or a bicycle!

5. Have a drop off location approximately one kilometre away from school for those students who have to be bussed or driven by their parents. Have parents, teachers or school volunteers meet the dropped off students and walk with them to school. This 10-minute walk puts the whole school off on the right foot!
6. Have a mapping exercise where students identify their own safe route to and from school. Kids will learn landmarks, street names and be able to identify potential traffic dangers in your neighbourhood and community. They can then grab their crayons and map out their best way of getting to school. An activity like this will fit with existing curriculum – math, science, social studies and art.
7. Have a theme for each day of the week, or if your walking school bus only walks once a week have a theme for each week of the month. (Theme ideas could include: Walking/Wheeling Wednesdays, Tobogganing Tuesdays, Fun shoe Friday [students wear fun and decorated shoes on this day], etc...)
8. Make a “Golden Shoe” trophy and have it as a prize for the classroom that walks the most. The award could be made each week, month, term or year.
9. Write a theme song for your Walking School Bus to sing as you walk to school. Brainstorm other songs about walking that could be sung, like: “These Boots Were Made for Walking” – Nancy Sinatra; “I’m Walkin’” – Fats Domino; etc...
10. Get kids to design a banner for the school to hang outside proclaiming that the school is a walking school.
11. Have kids design posters and signs to carry on their walking days.
12. Get students to write letters to the Mayor, their city councillors, MLAs and MPs indicating that they walk to school and they would like to have safe areas designated in their communities. This can be a powerful tool for getting much-needed crosswalks, stop signs, speed bumps and street signage installed in the area.
13. Do a traffic audit with students at the school. Have the principal, councillor, local community police or RCMP officer, city planners and administration from other schools in the area present at the audit. Observe and brainstorm things that can be implemented in the area to make students’ walk to school safer.

Take the next steps to have some of this change implemented in the neighbourhood.

14. Have alternative “park and walk” areas for those who drive to school. Ask a local business if they will allow parking in a small area of their lot for one day per week.

15. Have a celebration tree planting!

16. Have students write in “walk to school diaries” each time they walk. What did they see or hear as the walked to school? What was the weather like? How did this differ from the last time they walked to school? What changes did they notice in their community? Who did they meet along the way?

17. Encourage school staff to set an example for the students by walking or cycling to school themselves.

18. Have the students who cannot walk to school do laps of the playground for their walking credit.

19. Post information that your school has a Walking Wednesdays Club or Walking School Bus on the school website. Have photos of walking days and examples of what your school does to promote a healthy lifestyle with the students. Put a notice in the newsletter and posters up around in libraries, community centres and local businesses in your area.

20. Twin with another school in the area that has a Walking School Bus or Walking Wednesdays Club and share ideas, resources and even community volunteers. Students could have pen pals at the other school to share ideas, observations and enthusiasm!

21. Partner with a seniors’ centre and have able-bodied seniors lead your school’s Walking School Bus.

22. Have a “Walk-pool program” for students who live close together. Parents share in the responsibility of walking the students on alternating days.

23. Have a card or “passport” stamped each time the students walk to school. After a certain number of stamps, students could be eligible for a prize.

The **Walking Wednesdays Club** is part of **Green Action Centre’s Active and Safe Routes to School Program**. Please see www.greenactioncentre.ca for more information on the **Walking Wednesdays Club** or starting a **Walking School Bus** at your school.

Walk across Canada

Use a road map of Canada to learn about Canadian geography, history and culture by walking from city to city!

- Do a neighbourhood mapping activity with your students to help them estimate how far it is for them to walk to and from school. Use a handy tool like Google Maps (<http://maps.google.com/>) to help calculate the distance.
- For students who live too far away from school to use active transportation, or for those who'd like to walk more to earn more kilometres, why not start a **Kilometre Club** (information below) to help travel further and further across Canada!

.....
 "At Stevenson School, Active and Safe Routes to School means that students, families and staff are continually exploring ways to get to and from school that are safe and help us be active and more responsible for our environment." —Tracey Walker, Vice-Principal, Stevenson-Britannia School, Winnipeg

Here are the official highway distances between major Canadian cities:

FROM	TO	DISTANCE IN KM
St. John's, Newfoundland	Charlottetown, P.E.I.	1294
Charlottetown, P.E.I.	Halifax, Nova Scotia	232
Halifax, Nova Scotia	Fredericton, New Brunswick	346
Fredericton, New Brunswick	Quebec City, P.Q.	586
Quebec City, P.Q.	Montreal, P.Q.	270
Montreal, P.Q.	Toronto, Ontario	539
Toronto, Ontario	Thunder Bay, Ontario	1384
Thunder Bay, Ontario	Winnipeg, Manitoba	715
Winnipeg, Manitoba	Saskatoon, Saskatchewan	829
Saskatoon, Saskatchewan	Regina, Saskatchewan	257
Regina, Saskatchewan	Calgary, Alberta	764
Calgary, Alberta	Edmonton, Alberta	299
Edmonton, Alberta	Vancouver, British Columbia	1244
Vancouver, British Columbia	Victoria, British Columbia	66
Victoria, British Columbia	Whitehorse, Yukon Territory	2763
Whitehorse, Yukon Territory	Yellowknife, Northwest Territories	2704
Yellowknife, Northwest Territories	Iqaluit, Nunavut	2200

**It's 7428 kilometres from St. John's, Newfoundland, to Vancouver, British Columbia.*

“At Darwin School we have a Walking School Bus because it promotes a healthy lifestyle for our students and their families. And, besides being environmentally-conscious, there is less traffic around the school on Walking Wednesdays, which in turn contributes to a safer commute for our students.” —Jennifer Kennedy, Darwin School, Winnipeg

Kilometre Club

Before school and during recess or lunch, students walk or jog around the schoolyard or neighbourhood. The school needs to determine the distance of one lap of the route so students know how far they need to travel to complete one kilometre. Students should be encouraged to complete as many kilometres as they are physically able to do or have time for. Popsicle sticks or other small tokens can be used as a method to track the number of kilometres completed by students. Each student receives one token for every kilometre completed. Back in the classroom, students count the tokens collected by the entire class to get the total kilometres travelled. This can then be marked on your classroom or school Walking Wednesdays poster.

École New Era School, Brandon Manitoba

The following pages provide sample materials and articles from École New Era School in Brandon, Manitoba. École New Era School in Brandon partnered with the Brandon Regional Health Authority to promote a Walking School Bus on a weekly basis in their inner-city neighbourhood. Their goals were to get the students more active, and to make the busy intersections around the school safer, decrease bullying and increase community safety by putting more eyes on the street. It was also recognized as an environmental initiative to reduce greenhouse gas emissions and improve air quality in the school zone. Kids having more fun, and arriving at school happy and alert, is a delightful bonus for the students and teachers alike.

In conjunction with the Government of Manitoba's **GO FOR GREEN!** campaign to promote **HEALTHY, ACTIVE and ENVIRONMENT FRIENDLY** initiatives, we would like to encourage families in our school community to walk to school on a more regular basis. We know some of you are already doing this and we thank-you for setting a great example for the rest of us! We are also aware that for others, distance and safety issues make it impossible to walk to school on any regular basis. To this end, the New Era Parent Council is promoting **WALKING SCHOOL BUS CLUBS!**



PRIME TIME WALKING CLUB

This club is for students who live inside the catchment area and are already walking/biking to school. Goals of this club are to **GO FOR GREEN! AND BE ON TIME!** for school's first bell at 8:50 a.m. Teachers will have PrimeTime Walker Attendance Sheets in their homerooms and will mark timely arrivals with a Gold Star (PrimeTime walkers who are absent from school and whose parents/caregivers call in to report their absence will still receive a Gold Star). Participants whose attendance sheets maintain a 100% Gold Star Status (on time, every day until the end of June!) will be entered into our grand prize draw for a summer fun gift pack! Those interested in participating can fill out the form on the flip side of this sheet.

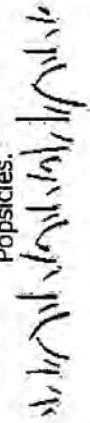
"GET UP AND GO CLUB" start day is **Monday, May 16th**



WALKING WEDNESDAYS CLUB

We will be meeting on Wednesdays at 3:35 p.m. (on the front steps of the school) to "HOP ON THE WALKING SCHOOL BUS!". We will follow a designated route that will take us once around the perimeter of New Era School (duration of the walk will be approximately 30 minutes). Children who take part in this club can choose to enjoy the full walk around the school or choose to "hop off the bus" at any of our designated "bus stops" as marked on the attached map. Parents/caregivers are encouraged to join us on our Wednesday walks or wait to pick up their children at the "bus stop" closest to home. To share in the fun we will feature a New Era faculty/parent council member and/or an honoured parent representative as our "Featured Wednesday Walker(s) of the Week!".

"THESE BOOTS ARE MADE FOR WALKING CLUB" start day is **Wednesday, May 18th** at will be celebrated with Del Monte Fruit Popsicles.



FOOTLOOSE FRIDAYS CLUB

This club is for students that live outside the catchment area (and are being driven to school) and who would like to participate in the **GO FOR GREEN!** Initiative. Students will be dropped off by **8:25 a.m.** at 354 - 16th Street (Parent Council Member, Annette Patton's home) on Friday mornings for a 10 block walk to school (children who already live in this vicinity can choose to "hop on the bus" at any of our designated "bus stops" as marked on the attached map). Parents are encouraged to park their vehicles and walk with us! Lets **GO FOR GREEN!** together!

"EVERYBODY GET FOOTLOOSE CLUB" start day is scheduled for **Friday, May 27th** and will be celebrated with yummy Yoplait's!



If you are interested in having your children participate in any of the clubs please complete this form and send it back to your child's teacher.

*** All forms MUST be returned by Wednesday, May 11th ***

Child's Name (oldest first)	Grade	PrimeTime	Walking Wednesdays	Footloose Fridays
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Forms for the PrimeTime Walking Club returned by **May 11th** will be entered in a draw to win 1 of 5 **PrimeTime Prize Packages** consisting of a personal alarm clock, beauty kit, flashing safety light for backpack and a **HEAP** of healthy treats!

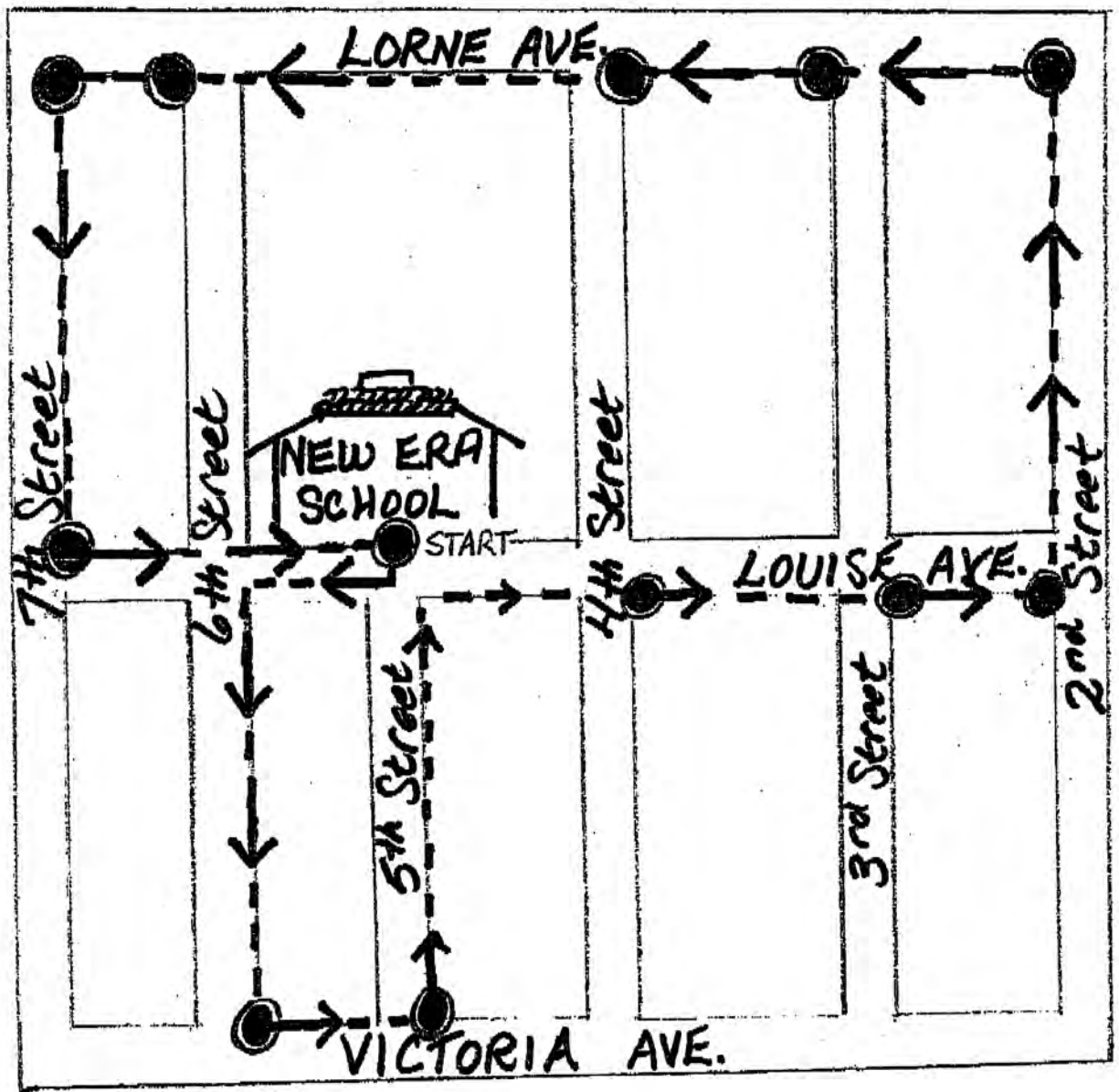
Your Name _____ Phone # _____



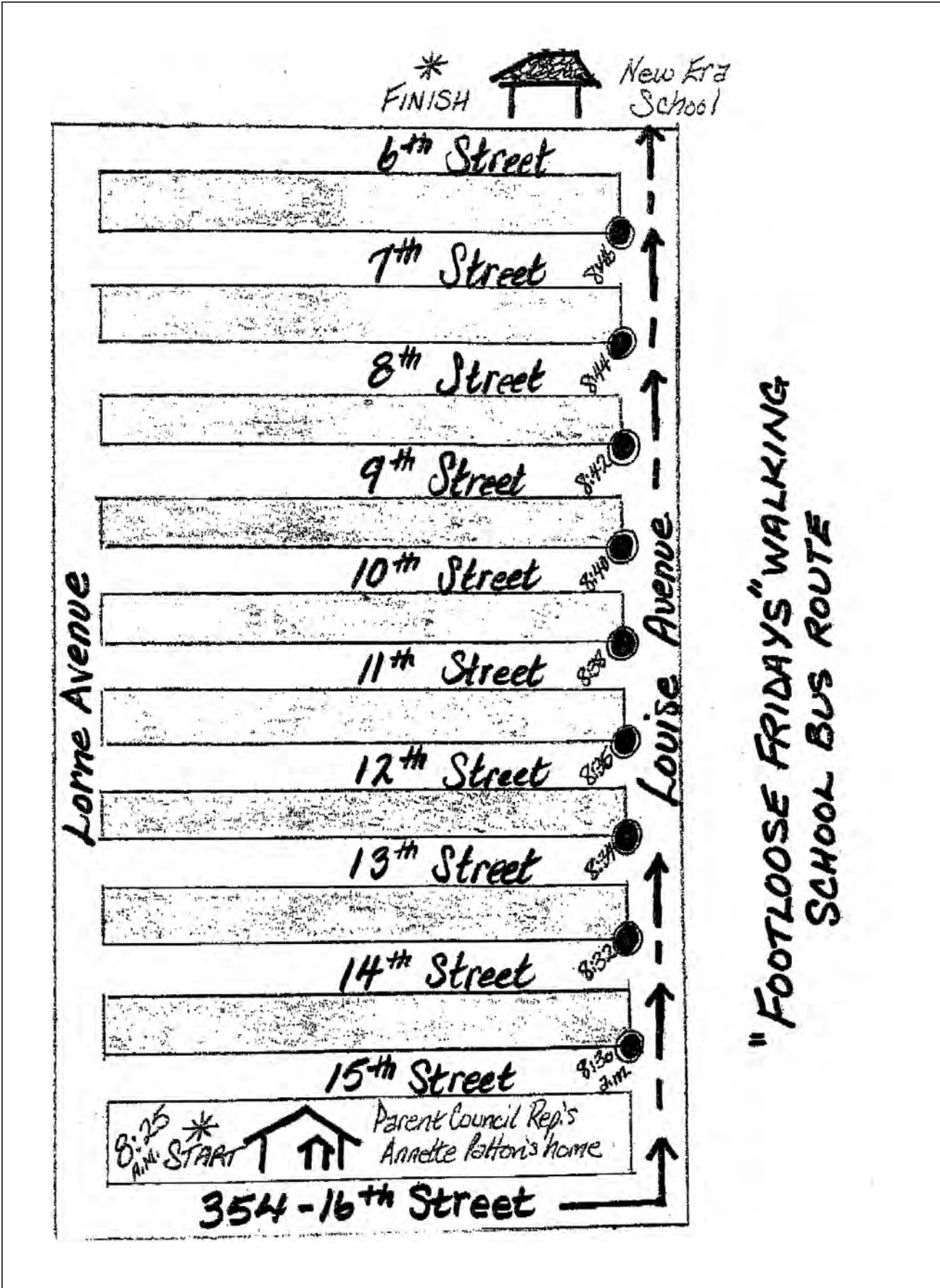
Our Walking Clubs are set to go ON TIME, RAIN OR SHINE
(SLEET or SNOW—you never know!)



WALKING WEDNESDAYS SCHOOL BUS ROUTE



● "BUS STOPS"



Walking school bus drives kids to fitness

BY JILLIAN AUSTIN

New Era school kicks off National Safe Kids Week today with Brandon's first-ever walking school bus.

The focus of the project is for kids to get healthy and to stay safe.

"It's a great initiative environmentally and it's good for helping children to get active," said Annette Patton, member of New Era's parent council. She added that it's also fun for the kids.

The idea of the walking school bus is that children walk as a group with at least two parent or teacher volunteers, Patton explained. One parent "bus driver" is at the front, leading the group, and the other parent "conductor" at the back helping



SUBMITTED PHOTO

New Era students will be part of a "walking school bus," in which children walk as a group with at least two parent or teacher volunteers. A parent "bus driver" leads the group, while another parent at the back ensure kids cross safely and there aren't any stragglers.

children cross the streets safely and ensuring there are no stragglers. The New Era parent council partnered with the Brandon Safe Kids Week Coalition and the Go For Green campaign to organize the initiative.

"It's a really fun way to give the younger kids a chance to build road safety," Patton said.

The school has three walking clubs: Prime Time Mondays, for students in the catchment area already walking or biking to school; Walking Wednesdays, for students walking home after school; and Footloose Fridays, for students living outside of the catchment area who want to participate in the walking club.

New Era school will continue

j.austin@brandonsonline.com

Brandon RHA hopes 'walking school buses' catch on

BY KYLA DUNCAN
STAFF REPORTER

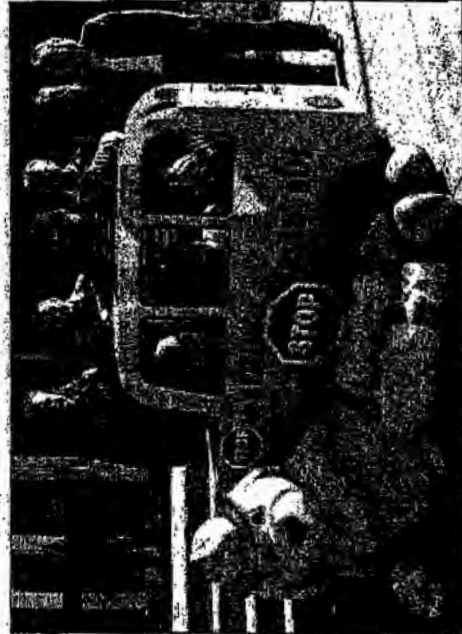
The Brandon Regional Health Authority is hoping walking school buses catch on in the city.

The Brandon Regional Health Authority and the New Era School parent council, in conjunction with Safe Kids Canada week earlier this month, have launched the walking school bus program.

Sharon Young, health promotion/education specialist with the Brandon RHA, said the RHA approached four core-area schools to start a walking school bus program.

"Of all the schools we visited, there were concerns about the busier intersections that kids have to cross," Young said.

Young said with funding from Safe Kids Canada, the Brandon RHA provided each of the four schools with reflective vests and encouraged them to start a



WALKING TO SCHOOL: Sparky the firedog during a press event earlier this month to promote walking school buses at core-area schools.

Submitted photo

together in a group, you have more eyes on the street. And it's not just about crossing the street safely; it's also about preventing bullying. Parents offer another set of eyes on the street."

New Era School parent council already had a similar program in place when

the Brandon RHA approached them about the program, but parents were pleased to be able to promote the program.

"This is just a chance to give parents at our school and the public an idea of what the walking school bus really is," said Annette Patton, member of the New Era parent council.

Patton said New Era has already experimented with three different walking clubs this year, including a "prime time club" for kids within the catchment area who are already walking and biking to school, which encourages them to

get to school on time; "Walking Wednesdays" for kids who are in the catchment area, who are walking home after school; and "Foodloose Fridays," which are geared to those who live outside of the catchment area.

"A lot of that is to build

community too, so we have featured Wednesday walkers, which will be with them. "We really wanted to support an environmental initiative. It's also a French immersion school, so it's a good way for parents and students to get to know each other," Patton said.

For more information, visit www.goforgreen.ca. She said many parents

now meet their children at the "bus" stops and walk the rest of the way home with them.

Patton said New Era started the programs as an environmental initiative and to build community.