

Walk or Bike to School November 14 (Rain date November 16)

Walking or biking to school is well worth it! Here are just some of the reasons:



S = SAFETY TRAINING

Walking or biking regularly with a child from a young age enables them to develop life skills; preparing children with road safety and personal awareness skills.



C = CONGESTION reduction

Fewer cars on our roads is good for the environment and local communities; fewer cars at the school gate can make it safer for pupils making their way to and from school.



H = HEALTH benefits

Walking or biking to and from school allows adults and children to incorporate physical activity into their daily routines.



O = ON the ball at school

Pupils who walk or bike to school arrive wide-awake and are therefore more prepared for the school day ahead.



F = OUR fun and friendship

Friends and family can walk or bike to and from school together and enjoy some quality time.



L = LEARNING for life

Walking and biking regularly enables a child to become more familiar with their surroundings and provides them with the opportunity to learn about the weather and changing seasons first hand.