



PTA Newsletter Article – October

Celebrate International Walk to School Day

In 1997, International Walk to School Day was created to promote walkable communities and healthy exercise habits for students. The annual event has since evolved to include participants from over 40 countries.

International Walk to School Day is typically held the first Wednesday in October, and Utah students are encouraged to participate in this global event. Here are some celebration ideas to make this year's International Walk to School Day memorable and fun:

- Distribute your school's SNAP Map to students, which shows the safest routes to walk and bike to and from school (contact your principal for a copy).
- Create a school-wide competition for walking and biking during the week of the event.
- Make fun signs and other visuals for your child to carry during the walk.
- Create a Walking School Bus for your child to walk with other students on the morning of the event.
- Invite prominent community figures to walk with students on the day of the event.
- Have teachers, parents and community members greet students with stickers, gifts and refreshments as they complete their walk.
- Encourage teachers to incorporate related walking and biking lessons in the classroom, such as using pedometers to log steps and calculate distance in math class. Teacher lesson plan ideas are available at www.udot.utah.gov/SNAP.
- **Register your school online at www.walktoschool.org for access to downloadable materials, activities and the chance to win prizes for your school.**

To get additional tips and information about International Walk to School Day, visit www.walktoschool.org.

More ideas from the UDOT Student Neighborhood Access Program (SNAP)TM to encourage your child to walk and bike to school safely are available at www.udot.utah.gov/SNAP. Contact the school for your child's SNAP Map.