



WHAT YOU NEED TO KNOW ABOUT iWALK

iWalk – International Walk to School Day/ Week/ Month

International Walk to School Month (iWalk) is an international awareness event that takes place every **October** to raise awareness about walking to school. Schools are encouraged to run fun events and activities to inspire more children and parents to walk to school and to educate the school community on the benefits of walking to school.

iWalk can be celebrated as a one-day event on a Wednesday early in October, a week or for the entire month.

For local resources including posters, announcements, newsletter inserts, and iWalk monthly activities or assembly ideas, go to www.activesaferoutes.ca

Why Encourage Walking & Wheeling to School?

- Improved physical and mental **health** of students
- Improved traffic and **safety** around your school
- Improved air quality and helps the **environment**
- Students arrive at school alert and ready to **learn**
- Students feel more connected to their **community**

Continue Walk & Wheel promotion for Best Results

Walking Campaigns are used to encourage active transportation to and from school and educate the school community on the benefits of doing so. Having regular walking and wheeling promotional campaigns and events throughout the school year can increase the likelihood of results and success.

International Walk to School Day / Week/ Month in October, also known as iWalk, is a great way to kick off the promotion of active transportation for a school year (further information below). Other events throughout the year could include Walk & Wheel, “Winter Walk Day” (February), Earth Week (April), Spring into Spring, Environment Week (June) and Summer Safety Week to make walking and wheeling events a celebration throughout the year!