

WALK & ROLL

TO SCHOOL DAY

Wednesday

October

2

TEACHERS, GUARDIANS & OTHERS

Participate in Walk & Roll to School Day

Join the movement that inspires the community to come together & promote health and safer routes to school.

- Help students create a plan and a safe route
- Discuss safe practices
- Talk with other parents and create walking or rolling groups
- Walk or Roll with them!
- Discuss after the event and consider ways to continue walking/rolling to school
- Host a walking school bus or bike train that morning Encourage others to walk or roll to school
- Be a crossing guard
- Volunteer to hand out free gifts and information at the school that morning
- Create a plan to walk or roll on a regular basis. Start out with once a week!



Walking School Bus or Bike Train

A walking school bus is a group of children walking to school with one or more adults. It can be as informal as two families taking turns walking their children to school or as structured as a planned route for many children with meeting points, a timetable and a schedule of trained volunteers.



A bicycle train is when a group of children and adult leaders ride together to school.



Limestone
Township



Alpha Park
Library



Peoria County
YMCA