

October is International Walk to School Month!

Let's celebrate by walking or biking to school the week of September 30—October 4.

Why "Walk or Ride" to School?

- Promote physical activity and strong health
- Protect the environment by reducing auto gas emissions
- Promote biking and walking safety
- If you bike to school...don't forget to wear a helmet!



The week-long celebration will include:

- **"Safety" Monday:** Kick-off the week by wearing yellow or orange safety colors to school! Teachers and parents should review biking/walking safety tips with students.
- **"Earth Friendly" Tuesday:** Wear Green to school as a tribute to the environment.
- **"High Energy" Wednesday:** Students are encouraged to bring a healthy snack/lunch to school and eat healthy foods throughout the day. Wear **Central's school colors (Red / White)** or **Centralwear / Spirit-wear** — to show your "energy".
- **"Hats off to Exercise" Thursday:** Students may wear a hat to school to celebrate the importance of exercise.
- **Roadrunner Friday:** Students who walk / bike to school will be eligible to enter a raffle to win an Aunt Diana's gift card !

Please complete one raffle ticket for each day the student walks or bikes to school! Put tickets in PTO box marked "Bike and Hike" in the front office.

I walked or rode my bike to school on Monday

Name: _____

Teacher: _____ Grade: _____

I walked or rode my bike to school on Thursday

Name: _____

Teacher: _____ Grade: _____

I walked or rode my bike to school on Tuesday

Name: _____

Teacher: _____ Grade: _____

I walked or rode my bike to school on Friday

Name: _____

Teacher: _____ Grade: _____

I walked or rode my bike to school on Wednesday

Name: _____

Teacher: _____ Grade: _____

