

# A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## The Way iMove to School

This month, students are learning the benefits of walking or wheeling to school through a campaign called The Way iMove to School. Here is a summary of the learnings and how you can support your child's health.

Child and adult bodies are designed to move! Active transportation allows our bodies and brains to wake up. Being active and breathing fresh air will prepare children for a day of learning. Plus, it is one of the easiest ways to be sure they are getting some physical activity in their daily routine.



Walking or wheeling to school can sometimes be faster than driving your child to school. Having a routine of making lunches the night before and setting out clothes can help provide extra time to walk or wheel to school.

### Benefits beyond Physical Activity

- It can be a positive social activity. Having a walking buddy to and from school is safe and gives your child time to socialize.
- It is great for the environment. Walking or wheeling to school reduces air pollution and increases the air quality in your neighbourhood.

### The 5 Safety B's for Walking or Wheeling to School<sup>1</sup>

- 1. Be an Example: model safe behaviours**
  - Always yield to pedestrians
  - Park at least a full car length from crosswalks
  - Cross at intersections
  - Walk, ride, or roll with your child!
- 2. Be Safe: take responsibility**
  - Travel with a parent or buddy
  - Cross only at crosswalks or corners
  - Don't run out from parked cars
  - Lock you bike and store safely at school
- 3. Be Seen: make yourself visible to other road users**
  - Wear bright or reflective clothing
  - Stay on pathways
  - Use lights and reflectors on your bike
  - Make eye contact with drivers and make sure all cars are stopped before crossing the street
- 4. Be aware of your surroundings**
  - Stop at the curb, look all ways and listen for oncoming traffic
  - Point, pause, and proceed when crossing the street
  - Texting, listening to music, or talking on the phone are distractions that should be avoided
- 5. Be Smart: know the rules and risks!**
  - Learn and follow the rules of the road
  - Dress for the weather
  - Wear your helmet and safety gear
  - Walk your bike/carry your skateboard at street crossings

Reference:

<sup>1</sup> Adapted from [www.shapeab.com](http://www.shapeab.com)

[www.appleschools.ca](http://www.appleschools.ca)

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