

Central Elementary

National Walk TO School Day!!!



This will only be a TO school event! Dismissal will be as usual! Parents can choose to pick up their students in front of the school or use regular transportation methods during dismissal. Your child is not required to walk to school and regular transportation will be provided before and after school.



On **October 5, 2011** Central Elementary will be participating in National Walk **TO** School Day. This will be the first time that we as a school have participated in this type of an event and we are very excited to do so. Every year over three million students and adults worldwide take the opportunity to walk to their schools. Walk to School events work to create safer routes for walking and emphasize the importance of issues such as increasing physical inactivity among our children. This event is going to be for students to walk **TO** school **ONLY** and will take place rain or shine (thunderstorms and/or lightning will cancel the event).

WHAT YOU NEED TO KNOW

- This event is TO school only.
- Wear your Central colors to school (Green and White).
- Your child is not required to participate in this event.
- This event will take place RAIN or SHINE with the exception of thunderstorms.
- Crossing Guards will be provided on this day at designated locations. You can find those locations on the back of this flyer in a map marked by stars.
- Parents can choose alternate routes, if they accompany their child.
- Community officers will be involved.
- Parent volunteers will be clearly marked and present to assist.

INTERNATIONAL



WHY SHOULD I WALK

NATIONAL EPIDEMIC — Lack of physical activity is a major cause of chronic illness and death for our country's adults. Being overweight can cause health problems like diabetes during childhood. Research shows that physically inactive kids are more likely to grow up to be physically inactive adults; and are therefore at high risk for obesity and related illnesses. With obesity rates skyrocketing and only one-quarter of Americans able to get the Surgeon General's recommended daily dose of exercise (just 30 minutes), it's an ideal time to encourage people to walk to school for their own health and well-being. Obesity rates among children have more than doubled in the past twenty years, according to the National Longitudinal Study of Youth. A great way to beat this epidemic is to add walking to the mix. Physical activity recommendations for children suggest that they need a variety of activities each day, some intense, some less-so, some informal, some structured. Walking to school is an ideal way to get some of that activity at no extra cost to the child or family.

POLLUTION — Walking to school protects the environment and your health. When children decide to lace-up their sneakers to walk, instead of riding in a car, they reduce the amount of air pollutants emitted by automobiles or busses. These air pollutants can be especially harmful to children. Children have respiratory systems that are not fully developed and are more likely to have asthma or other acute respiratory problems that can be aggravated by air pollution than other age groups. By walking to school, children lower the amount of vehicle miles traveled, which helps reduce toxic air pollutants. Vehicles emit a variety of air pollutants such as particles of dust, soot, smoke, dirt, and liquid droplets that are also released into the air by cars, trucks and other vehicles.