

St. Patrick Catholic School

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Winter Walk Day

Dear parents/guardians,

On **Wednesday, February 7th, 2024**, and throughout February, schools across Ontario will celebrate Winter Walk Day.

Although it is not always realistic in our rural setting, we encourage all our school families to integrate walking into their trip to school on Wednesday February 7th where possible.

- If your family needs to drive, plan to park a short distance from the school and walk the last block or two.
- If your student takes the school bus, plan to walk all or part way to the bus stop.
- If your family can walk or wheel to school, plan to bundle up and leave the car at home entirely!

Walking all or part of the way to school supports physical health, mental health and can improve your child's ability to focus in class! Walking to school also increases the safety of all students as fewer cars leads to less traffic congestion around the school at drop-off and pick-up times!

We will also be going outside for the last period of the day to enjoy some time outside walking around the track. Our Gr. 7 class will lead us in some exercises, much like we did for the Jingle Bell Walk back in December.

Don't forget to get outside and get walking!