



Wildcats,

Join your peers, parents, staff, and community members in celebrating our **2nd Winter Walk Day** on Wednesday, February 6th.

Police and By-law Officers will hopefully be with us as we walk to school on February 6th. Once at school, hot chocolate will be for sale between 8:30-8:50am for **\$1.00/cup** at the rear Gym doors. Parents, feel free to join your kids as they dress for a perfect Canadian winter day and walk to school! Afterward, the whole school will be walking the neighbourhood together at 9:00am; enjoying crunchy snow, fresh air, fitness, and the community.

*"February 6th is #WinterWalkDay across Canada.
It's the perfect opportunity for parents and kids to get outside together and stretch those legs! Walk to and from school to improve physical and mental health, create a healthier environment, safer streets, make friends and have fun!
Walking is the simplest form of exercise and helps kids get the 60 minutes of daily physical activity they need.
It's also a great cure for winter blues and helps students concentrate better in class."*

#WinterWalkDay #WWD2019 #Walk2School #ActiveSchoolTravel