

iwalk 2009 Newsletter

WALK TO SCHOOL DAY IS WEDNESDAY, OCTOBER 7TH, 2009!



International Walk to School Day is October 7th!

This is our 7th year participating in IWALK. As part of the curriculum, students from Mr. Farber's class will poll their peers to determine how they usually get to school. On October 7th, classes will be polled again to determine the level of participation. **Check out our UPS stats on the reverse of this page.** Let's try to improve and make UPS one of the Ontario schools that reach **100% participation!**

(Several classes have attained that goal in the last six years!)

Teachers are encouraged to set an example and where possible, walk in some capacity.

If you have any questions about this event please contact:

Connie Prentice (905) 943-7341 or cprentice@sympatico.ca
Karen Mitas (905) 940-4748
smitas@sympatico.ca

Dress for the weather and walk together!
We walk rain or shine!



WHAT'S HAPPENING THIS YEAR:

If you live close to the school, no special meeting points have been arranged.

If you are usually bused and have not arranged to walk, your bus will drop you off at the **Unionville Public Library** and you will walk supervised the rest of the way to school.

If you go to Blossoms, no special arrangements can be made.

The remainder of the students may meet at **designated meeting points.** Volunteers will then walk with the children as a **Walking School Bus!**

See the reverse of this page for details regarding locations and times to meet our "Walking School Buses!"



JOIN US FOR AN APPLE when you arrive at school in the back playground outside of the gym!

INTERESTING FACTS:

- **Less than half** of UPS students regularly walk to school.
- The number of calories burned weekly by walking to school is the equivalent of two hour-long gym classes!
- Sparked by IWALK, **Walking Wednesdays** continue at UPS.
- Walking 10,000 steps every day helps to strengthen and maintain a healthy heart.♥
- International Walk to School Week is celebrated in over 40 countries around the world on six continents!
- IWALK participation avoided a whopping **13 tonnes** of greenhouse gases from entering our atmosphere!



Add to the spirit of the day

The night before the walk, chalk footprints and walking messages on the sidewalk around your house to inspire UPS walkers. [...then pray it doesn't rain...]

UPS WALKS...UPS ROCKS!

