



International Walk to School Day

Wednesday, October 5, 2011

Join children and adults around the world for a day of walking! Why Walk?

Physical Activity and Fitness • Research shows that kids who get physical activity before school learn better and are better behaved • Teaching safe walking skills to children • Reducing traffic congestion, pollution and speed near schools • Sharing time with parents and children

We have really cool stickers!

After your morning walk, enter only at the front doors of LCA and receive your sticker from LCA parent volunteers between 7:40 and 8:10 a.m. That's it!

**Do you think you are pressed for time or you live too far to walk to LCA?
Try walking in from Lakewood Park -- it is only 0.28 miles, about 5-8 minutes!!**

You can do it!!!!...

Lakewood Catholic Academy is a registered participating school for International Walk to School Day. For more information see: www.iwalktoschool.org. For safe route planning, go to: http://www.saferoutesinfo.org/guide/graduated_walking/index.cfm

Questions? Email Marianne Quasebarth, your local coordinator, at greenteam@lakewoodcatholicacademy.com.