







Walk & Bike to School
Day celebrates and
encourages
walking and rolling
safely all year round.

Pick one day this SPRING 2021 to hold this virtual event.

- It's a great way to start the day, students will be energized & ready to learn
- Gives students physical activity they need
- Reduces school traffic, parking congestion, and keeps kids socially distanced
- Promotes safe walking and rolling behavior

Attending school in-person?

Even though schools look different this year, it's still a great idea for families to be active together. This year join our **VIRTUAL Walk & Bike to School Day.** Encourage families to walk and roll to school. Then, keep the momentum going year-round!

Get Ready with a FREE Toolkit:

- ✓ Signs
- ☑ I'm Safe Walk 'n Roll Bingo
- ✓ Stickers
- ✓ Wristbands
- ✓ Vinyl Banner (for newly participating schools)



To get your toolkit, contact Maria Minaglia at (714) 834-6770 or mminaglia@ochca.com

Visit www.ochealthinfo.com/w2s for ideas & inspiration!

Health Promotion and Community Planning











Walk & Bike to School Day celebrates and encourages walking and rolling safely all year round.

Pick one day this SPRING 2021 to hold this virtual event.

- Gets students energized and ready for online learning
- Gives students physical activity they need while distance learning
- Promotes safe walking and rolling behavior

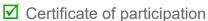
Enrolled in distance-learning?

Even though schools look different this year, it's still a great idea for families to be active together. This year join our VIRTUAL Walk & Bike to School Day. Encourage families to walk and roll to school. Then, keep the momentum going year-round!

Have students share photos or artwork on social media. Use hashtaq #walkbiketoschool.

Get Ready with A Digital Toolkit:











WALK Congratulations

Student's Name



✓ Stickers, bracelets, and bingo sheets available upon request *IDEA:* Distribute these items at "grab and go" lunch pick-up.

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