National Walk to School Day:
October 9, 2013

We are encouraging all students that are within walking distance to Loomis Elementary to walk to school. *We realize that there are students that do not live within a safe or timely walking distance from the school. So if your child cannot walk to school on the 9th we understand.

Students are reminded to walk to school with a buddy. Their buddy should be another student, parent or guardian. This is recommended to all of our daily walkers. Another way to walk to school is to start a walking bus. A walking bus is when a parent walks their child to school and stops along the way to pick up other students to make sure everyone makes it to school safely. We strongly encourage that whoever walks with your child to school you thoroughly trust and know. Plus you show and discuss with your child what route to take to school making sure all is safe.

Why walk? Many of us have our own memories of walking to school when we were younger. Walking is a great way to start the day. Walking is fun and interesting; you get to notice things along the way and meet people in your neighborhood. Exercise makes people feel calmer and happier and it improves their concentration, making it easier to focus in school. You benefit by breathing in fresh air and getting some exercise too. For some students and families this might become a nice way to start a new habit.

NEW THIS YEAR:

When you walk to school, come and sign in at the tables by the flag pole!

So remember to wear some sturdy walking shoes such as sneakers and hit the pavement on October 9th. We’ll see you at school!