

***A Non-Profit Centre for Applied Sustainability***

September 2009

**Thank you for registering for International Walk to School Month - OCTOBER 2009!**

Walking to school promotes health, physical activity, concern for the environment and safe and walkable communities. It's a great way to improve traffic safety around your school! Schools are encouraged to pick a day, a week, once a week or the entire month to celebrate. Actively promoting Walk to School for a month could also transition smoothly into the launch of a year-round program.

Included in this registration kit you will find:

- **International Walk to School Month posters and stickers**  
*Additional copies available upon request, on a first-come first-served basis;*
- **School event tally sheet reminder bookmarks – *submit tallies by November 13<sup>th</sup>, 2009!***  
*This year's tally will be done through an on-line form. Visit the school coordinator kit at [www.resourceconservation.mb.ca](http://www.resourceconservation.mb.ca) and fill out or download the form!*  
*You'll be entered to win one of our great prize packages!*
- **Calendar of ideas (turn over this letter!)** to help you brainstorm ideas for a successful Month!
- Our **information pamphlet** promoting Active and Safe Routes to School.  
*Additional copies are available upon request.*
- Information about the Canadian Active and Safe Routes to School Partnership **Virtual Store!**
- A variety of other resources – *additional copies available upon request.*

Visit our online **IWALK Coordinators Corner** at [www.resourceconservation.mb.ca](http://www.resourceconservation.mb.ca) for other valuable information including:

- Ideas for a successful International Walk to School Month
- Sample articles for your newsletter, website or for students to take home
- Ways to ensure your walk to school is a safe one
- "Off on the Right Foot" – the newsletter for Active and Safe Routes to School in Manitoba
- Links to other great information to help you plan and celebrate healthy living and a healthy environment.

If you have any additional questions about International Walk to School Month or Active and Safe Routes to School, please don't hesitate to contact me!

Safe Walking!



**Jackie Avent, Program Coordinator**  
(204) 925-3773  
asrts@resourceconservation.mb.ca

**Resource Conservation Manitoba: Living Green, Living Well**  
Practical solutions for yourself, your community and the environment  
**Green Commuting, Environmental Education, Reducing Waste, Composting**

*Resource Conservation Manitoba is a registered charity. Please consider making a donation.*