

# Let's Get Walking

Celebrate active modes of transportation like walking and wheeling along with other students and staff across Ontario during **IWALK Month**, which officially kicks off **Wednesday, October 1, 2025**.

**International Walk to School Month (IWALK)** is an annual celebration of active transportation that takes place around the world throughout the month of October.

**When walking to school, here are important safety tips to remember:**

- Look all ways before you cross the street. **Always STOP, LOOK and LISTEN before crossing.**
- Always cross at designated intersections and crosswalks, where possible.
- Before crossing, stop at the curb and make eye contact with drivers – make sure they see you.
- Obey all traffic signals and signs.
- Stay alert and minimize distractions – place cell phones and headsets in your bag
- Always walk on a sidewalk, where possible.

For anyone who cannot walk or cycle to school every day, we encourage you to try choosing an active mode of travel two or three times a week. If you drive, consider parking a few blocks away and walking the rest of the way. Even using active travel a few times a week can make a big difference.

## Benefits of Active School Travel

- improve physical and mental health and academic achievement
- encourage social interaction and build connections
- develop road safety skills
- develop lifelong healthy habits
- improve air quality, traffic congestion and safety around school zones
- parents and family members meet other families in your neighbourhood and at the school
- give you additional time to connect with your child
- enhance the sense of community in our neighbourhood



**For more information about  
IWALK Month please visit:**

**Ontario Active School Travel**  
**IWALK Month**