



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](http://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 hashtag #walkbiketoschool.

### Get Ready with A Digital Toolkit:

- ✓ Digital activity sheets
- ✓ Certificate of participation
- ✓ Promotional templates including social media posts
- ✓ Stickers, bracelets, and bingo sheets available upon request  
*IDEA:* Distribute these items at “grab and go” lunch pick-up.



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