






Mississauga School Walking Routes Program

Let's Walk and Roll to School!

Winter is the perfect time to get active outside!

Why walk to school in the winter?

Walking and rolling to school and around your neighbourhood is a great way to get exercise and socialize with friends. Doing so in winter brings all those benefits, plus unique experiences. Can you:

-  Hear the crunch of your boots in the snow?
-  See the snow on trees, or icicles on houses?
-  Feel your body warming up as you move?




Did you know?




Polar bears can **walk up to 30km/day** in the snow! How far is your walk to school?

Do you have a little one who complains they are too tired to walk?


Make a game of the walk and see how they find energy to move along.

-  Waddle like a penguin, run like a polar bear, and dance like a snowflake!
-  See how quickly you can get to the next fire hydrant, mailbox or driveway.
-  For longer routes, consider bringing a healthy snack to share when you reach certain landmarks.





Time-saving tips for walking to school this winter:

 Check the weather forecast and get out your gear the night before- this will save time in the morning.

Tip: Have a winter clothing checklist handy to make sure you have everything you need! (See below!)

 If you live too far to walk from home or are short on time, try parking 5 minutes away and walk the rest of the way. You will get some exercise and fresh air, and avoid the congestion of school drop-off!

Activity: Match the winter clothing to the body part

- | | | |
|--|---|-------|
| <input type="checkbox"/> Hat or other warm head covering |  | Legs |
| <input type="checkbox"/> Scarf |  | Neck |
| <input type="checkbox"/> Thick jacket (or lighter jacket with warm layers) |  | Hands |
| <input type="checkbox"/> Insulated mittens (or gloves) |  | Torso |
| <input type="checkbox"/> Snow pants or rain pants |  | Feet |
| <input type="checkbox"/> Winter boots |  | Head |

If you don't have access to all these items, ask the office at your school. They may be able to help get these items for your child(ren) so they can stay warm and dry when playing outside.

Walk to School T-shirt Design Contest Winners

This fall, we had a contest to redesign our classic lime green “Walk to School” t-shirts. We received over 100 entries from schools across Mississauga! But in the end, 3 designs came out on top.

Congratulations to the following students whose designs made our Top 3:

#1 Grand Prize Winner: Sophia Miculnic, Grade 5, Artesian Drive

Sophia’s design will be printed on our new t-shirts this spring. Great work Sophia!

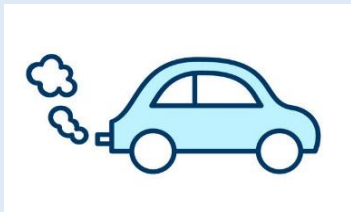
#2 First Runner up: Aarav Tapaswi, Grade 4/5, Oscar Peterson

#3 Second Runner up: Selena Fu, Grade 8, St. Gregory Catholic School



Top 3 design submissions for Mississauga’s School Walking Routes t-shirt design contest. Clockwise from left: Winning design by Sophia Miculnic; First runner up design by Aarav Tapaswi; and Second runner up design by Selena Fu.

Did you know?



Idling your car for **just 15 minutes releases half a kilogram of CO₂** into the atmosphere. To save gas and help keep our air clean, try parking 5 minutes away from school and walking the rest of the way instead of waiting in the car. Or better yet, leave the car at home!

Riding your Bike

❄️ Yes, you can ride your bike in the winter! Dress in layers that you can remove as you warm up; you will generate body heat as you ride.

❄️ Avoid puddles, metal bridges and roadway paint markings. They can be slippery!

Winter Road Safety Reminders

Walking to School or the Bus Stop

- ❄️ Dress warmly to stay comfy. Wearing a few lighter layers is better than one heavy garment.
- ❄️ Choose a route that’s cleared of ice and snow. Call 311 to report issues if sidewalks, paved paths or transit stops are not cleared of ice and snow.
- ❄️ Be alert! Be especially cautious crossing the road around large snowbanks and remember that drivers may have a harder time seeing you.

Driving your Car

- ❄️ Clear your car of snow and ice. Make sure you can see well through all windows and mirrors.
- ❄️ Leave earlier to give yourself extra time for your journey. Go slow and brake well in advance of intersections and school crosswalks.
- ❄️ Continue to follow all the normal rules of drop-off and pick-up. Only stop and park where allowed and where it is safe to do so. Be aware that some parking spots may be blocked by snow.

Acknowledgments: Content for this newsletter was adapted from resources developed by Green Communities Canada. For more tips and activities related to winter school travel, visit:

<https://ontarioactiveschooltravel.ca/winter-walk-day/>