

**[Insert school name] School is On the Move!**

Did you know…in Canada more than half of car trips are less than five kilometres, an ideal distance to cover by walking or cycling?

Our school continues to work with the Simcoe Muskoka District Health Unit and other partners to encourage and support more walking and wheeling to and from school.

**Let’s Get On the Move by:**

* Visiting [www.simcoemuskokaonthemove.ca](http://www.simcoemuskokaonthemove.ca) to learn more about active school travel (e.g., the benefits and how to make it happen).
* Supporting kids to walk or wheel to school more often (e.g., walk, bike, skateboard, wheelchair, scooter).
* Reducing car traffic around schools for a healthier and safer school environment.