



Join Us for INTERNATIONAL WALK TO SCHOOL DAY Wednesday, October 20, 2021

Let's grab our backpacks and lace up our shoes; it's time to tag along! This year, Carillon Elementary is our host school, and Principal Agosto will be inviting you along with Seminole County Sheriff's Office, FedEx, and Safe Kids Seminole to help us bring safety to the forefront and celebrate the benefits of walking.

The background of International Walk to School Day came about when Chicago's Mayor Daley and Los Angeles Mayor Riordan took time to walk to school with the students. Since then, this has become a great event in bringing awareness of the importance of students walking to school. Did you know:

- Children ages 5 - 9 often lack the skills that are necessary to walk to school unattended safely?
- Walking to school enables children to incorporate regular physical activity needed each day, forming healthy habits that can last a lifetime?
- Did you know only 15% of children walk to school?

Regular exercise, such as walking, can improve energy, memory, concentration, self-esteem, and creativity. Walking in groups can also build communication skills and help form new friendships.

Join us as we celebrate our commitment to safe walking for the children of our community.

- We will be gathering at 7:15a.m.-7:35a.m. at Landings at Little Creek Community Park, 1586 Maidencane Loop, Oviedo
- Our walk will start promptly at 7:45a.m.
- This is a community event and all are welcome to attend

