



Seminole Heights Elementary introduces...

## Walk to School Wednesday

Beginning Wed., Jan. 12<sup>th</sup> 

Walk to school every Wednesday and win prizes for your class!

### Here's what you do:


1. Walk (or bike! or scooter!) to school on Wednesdays, starting January 12th.
2. Check in with Mr. Cabañas at the walker entrance by 7:35 a.m.

- ❖ Want to win a basket full of fun for Recess??  
Be the class that has the most walkers in the school!

### Why Walk to School?

- It's healthy for your body and your mind to start the day with some outdoor exercise.
- It's safer walking in a group.
- It's fun! Enjoy some time getting to know your neighbors.

*Learn more at [www.sidewalkstompers.org](http://www.sidewalkstompers.org) or on Facebook: Sidewalk Stompers*

**If you're already parking at the church & walking next door, consider parking farther down at the Garden Center to extend your walk for this healthy initiative **

**Remember, walking to school is good for your health, good for your brain, good for your body, good for your community, and good for your planet!**