

October 16, 2014

### Montroyal iWalk Week Update

We are really excited about next week's Walk/Ride/ Run to school week. The Montroyal iWalk Week is taking place next Monday Oct 20<sup>th</sup> thru and including Thursday October 23<sup>rd</sup>. Sonora Drive will be shut down every morning between 8:00AM and 9:00AM so please plan accordingly.

Montroyal has participated in this international event for several years. This is an initiative that promotes the use of active transportation for the daily trip to school, addressing health, physical activity, and traffic safety issues while taking action on air pollution and climate change and, most importantly, creating community. It is a growing movement that promotes and celebrates children's active school travel in Canada and around the world. So we encourage you to walk, run, scooter or bike to school instead of driving.

This is great way to see what the streets would look like if we had no cars! Come and enjoy a week of sidewalk chalk, hula hooping, aerobics, Zumba, very cool music, coffee and healthy snacks. We have also invited the Vancouver Police and the local DNV Fire Dept which the kids really love. We encourage the parents come and participate in meeting with our local dignitaries who have been invited as well. This is a good opportunity for you to see what changes need to be made in the community to make our routes to school safer and more walkable.

Parent volunteers will work both ends of the street to ensure no traffic. If you must drive, please try to park on Cliffridge etc... This week is also a way of engaging the Grade 7's in a leadership role. The Grade 7's will wear green Montroyal t-shirts and will be helping with all the fun events.

Thanks to the admin and the teachers who support us in this healthy endeavour.

**\*\*We remind parents to bring their own coffee to go cups to stay green\*\***

Sincerely,

Janet Carswell

Past Chair

& Cath Blythe

Past Secretary