



## **General Nash Elementary School**

### **Promotes Physical Activity and Safe Walking Routes through its Walk to School Day**

There are students at General Nash Elementary School that walk to school everyday. These students make walking part of their daily physical activity. To support these students and to promote physical activity, General Nash Elementary School will be “walking the walk” on **Wednesday, October 4, 2017**. To support physical activity and safe walking routes, all students will be given the opportunity to join with our everyday walkers to participate in the statewide Commonwealth’s **thirteenth annual Walk to School Day**.

Students who ride the bus to school will be dropped off at the corner of **Green Lane and Liberty Bell Drive** in the morning and will be met by teachers and parent volunteers to walk to General Nash. Students who are in the extended care program in the morning will take a walk on the school property. Those students that already walk to school can meet at the corner of **Green Lane and Liberty Bell Drive** by 8:55am or take their normal walking route to school. Those students who get driven to school can meet at **Green Lane and Liberty Bell Drive** by 8:55am to walk to school. Once at school, the students will meet in the gym for morning announcements.

Held on the first Wednesday in October each year in conjunction with International Walk to School Day, the event promotes physical activity for today’s youth by encouraging regular Walk to School programs and local Safe Routes to School projects. These aim to improve the safety and walkability of communities located within two miles of a school boundary. Daily physical activity is crucial to living healthy, energy-balanced lives, and Walk to School Day is a simple yet concrete way that General Nash Elementary School is demonstrating its commitment to an active student body and local community. The event strives to bring together partners from school, community, business, healthcare, government and media.