



Walk & Roll Events

2019-20 School Year

everymetrecounts.ca

October 2019						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

iWalk to School Month

October 2019

iWalk to School Day

October 2nd

Take Me Outside Day

October 24th

Halloween

October 31st

December 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Walking Wednesdays

December 2019

It might be snowing, but you can continue to walk and roll to school!

Keep the momentum going this month with Walking Wednesdays!

February 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Winter Walk Day

February 5th

Explore Canada's beautiful Winter Wonderland with a winter walk.

Family Day

February 17th

Connect with your family on a walk.

Pink Shirt Day

February 26th

Walk to school wearing a pink shirt.

April 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Spring into Spring Month

April 2020

Welcome spring with a journey outside to get to school

Earth Week

April 20th – 24th

Minimize your carbon footprint by walking and wheeling to school.

Earth Day

April 22nd

June 2020						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Bike Month

June 2020

Discover the joy of biking!

Clean Air Day

June 6th

Minimize the number of cars on school sites. Walk or roll to school!

Environment Week

June 1st – 7th

Use sustainable transportation methods all week!

September 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

First Day of School!

September 3rd

Get started on the right (or left!) foot by walking & rolling to school!

Pollution Prevention Week

September 16th – September 22nd

Prevent pollution - walk to school!

First Day of Fall

September 23rd

Fall into good habits, walk or roll!

November 2019						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Anti-Idling Campaign

November 2019

Organize an Anti-Idling Campaign for your school this month.

Remembrance Day

November 11th

Consider taking some time to remember our veterans while on a quiet walk.

January 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

New Years Day

January 1st

Start the year off with a crisp walk!

Back to School

January 6th

Stay active after your winter holidays.

Family Literacy Day

January 27th

Celebrate literacy with a h-i-k-e!

March 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Nutrition Month

March 2019

Eat healthy. Travel healthy.

First Day of Spring

March 20th

Put some spring in your step!

Earth Hour

March 28th

May 2020						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Child & Youth Mental Health Day

May 7th

Safeguard mental health with movement and social connection – walk to school!

Bike to School Week

May 25th – 29th

Participate in your school's Bike to School Week activities!

