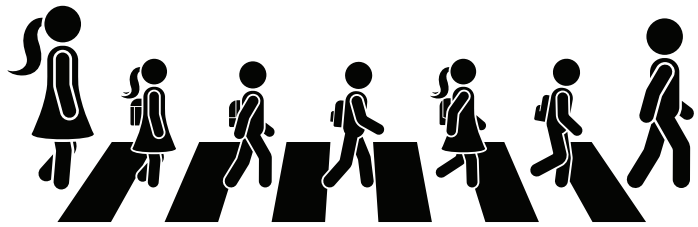


WALKING SCHOOL BUS



Walking Through the Seasons

Walking to school gives children the opportunity to experience the seasonal changes in their environment and to see firsthand what each season has to offer. Help your child have an enjoyable and comfortable walk to school with these tips:

Fall and Spring



- Wear loose fitting, light coloured tightly woven clothes (long sleeves and pants to protect from the sun, mosquitoes and ticks). Choose breathable fabrics.
- On cooler days, wear a sweater or light wind-resistant jacket to keep warm
- Wear comfortable shoes
- On rainy days, wear a waterproof jacket, waterproof boots or shoes and pack an umbrella
- Wear sunscreen with an SPF 30 or higher on any exposed skin not covered by clothes
- Wear a large brimmed hat and sunglasses with UVA and UVB protection, to protect your face, neck and eyes

Winter



- Wear a warm, wind-resistant and waterproof jacket and snow pants to protect from windburn and frostbite.
- Protect vulnerable areas such as fingers, toes, ears and nose. Wear gloves, a hat and a scarf to prevent heat loss.
- Wear comfortable, warm, waterproof winter boots. Make sure boots are dry and not too tight.
- Wear clothing made of tightly woven fibers. A few light layers protect better than one heavy garment.
- Wear a single pair of socks made of wool or a wool blend rather than cotton. Avoid extra thick socks as they can cause cold feet by restricting blood flow.
- Put an extra pair of socks and mitts in your backpack, so that you can change out of wet clothes.
- UV light can be reflected by snow: Wear sunscreen with an SPF 30 or higher on any exposed skin not covered by clothes. Wind and snow can wear away sunscreen, so re-apply often.
- Wear sunglasses with UVA and UVB protection to prevent eyes from burning or snow blindness

Summer



- Wear loose fitting, light coloured tightly woven clothes (long sleeves and pants to protect from the sun, mosquitoes and ticks). Choose breathable fabrics.
- Wear comfortable running shoes or sandals
- Wear a large brimmed hat and sunglasses with UVA and UVB protection, to protect your face, neck and eyes
- Wear sunscreen with an SPF 30 or higher on any exposed skin not covered by clothes. Even if there is no sun, you still need to practice sun safety.

For more information: <https://healthunit.org/health-information/physical-activity-rest/walking-school-bus/>