

Central School

# WALK & RIDE



HIKE & BIKE WEEK 2010

*Monday, October 4  
through Friday,  
October 8, 2010!*

October is International Walk to School Month! Let's celebrate by walking or riding our bikes to school the week of October 4-8<sup>th</sup>!

### Why "Walk or Ride" to School?

- Promote physical activity and strong health
- Protect the environment by reducing auto gas emissions
  - Promote biking and walking safety

### The weeklong celebration will include:

"Safety" Monday: Kick-off the week by wearing yellow or orange safety colors to school! Teachers and parents should review biking/walking safety tips with students.

"Earth Friendly" Tuesday: Wear green to school as a tribute to the environment!

"High Energy" Wednesday: Students are encouraged to bring a healthy snack/lunch to school and eat healthy foods throughout the day. Wear Central's school colors (Red/White) or Centralwear/Spiritwear - to show your "energy"!

"Hats off to Exercise" Thursday: Students may wear a hat to school to celebrate the importance of exercise!

"Let's Celebrate" Friday: Students receive a water bottle for their participation in the weeklong activities!

Continue the celebration at the Roller Skating Party after early release at Lombard Roller Rink in Lombard. Party runs from 1:00-3:00 PM!

Hike & Bike Week is sponsored by the Central School PTO and Burlington Realty.  
Please feel free to contact Amy Regan at [alregan@sbcglobal.net](mailto:alregan@sbcglobal.net) with questions.