



MEDIA ADVISORY

PETERBOROUGH CELEBRATES WINTER WALK DAY WITH PETERBOROUGH PETES, COOL CAPTAIN CLIMATE, AND MEDICAL OFFICER OF HEALTH

Peterborough, Ont (Feb. 5, 2018) Active and Safe Routes to School Peterborough is pleased to join St. Anne Catholic Elementary School in the celebration of National Winter Walk Day. Special guests Medical Officer of Health Dr. Salvaterra, two members of the Peterborough Petes, Cool Captain Climate, and members of the Active and Safe Routes to School Peterborough committee are joining the host grade 6/7 class from St. Anne CES for a morning to celebrate active and sustainable transportation.

WHO St. Anne CES Grade 6|7 class hosts and Winter Walk to School Day with Medical Office of Health, Dr. Salvaterra from Peterborough Public Health, members of the Peterborough Petes, eco-leader and local superhero, Cool Captain Climate, and Active and Safe Routes to School Peterborough (ASRTS) Chair, Jaime Akiyama.

WHAT An outdoor gathering celebrating active transportation to school in the winter, followed by an assembly hosted by the grade 6|7 class along with a winter walking fashion show with Cool Captain Climate.

WHEN Wednesday February 7, 2018, 8:30am (meet students outside followed by an assembly) to 9:30am

WHERE St. Anne Catholic Elementary School, 240 Bellevue Street, Peterborough ON, K9H 5E3

WHY National Winter Walk Day is celebrated in schools throughout Canada. ASRTS Peterborough celebrates Winter Walk Day as part of their weekly Car Free Wednesdays program.

Car Free Wednesdays promotes adding a little active transportation into the day as a great way to easily increase daily physical activity levels. The 2016 ParticipACTION Report Card identified that only 9% of 5-17 years olds meet the Canadian activity targets of 60 minutes per day. Students that walk, run, cycle, or skate to school can gain on average 10 - 40 minutes of activity per day.

Regular physical activity provides many benefits for children:

- **Healthy bodies:** Being active helps children build a healthy heart, bones and muscles and movement skills that will last a lifetime.

- **Positive self-esteem and good mental health:** Physical activity helps children feel good about themselves, master new skills, reduce stress, anxiety and depression.
- **Better learning/grades:** Being active helps to improve memory and concentration, fosters creativity and problem-solving skills.

Families throughout Peterborough are encouraged to leave the car at home, walk, roll or bus to school all year round, even in winter.

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