



## IWALK Month - Sample Messages

### Messages for students in in-person learning – Social Media

The following sample messages can be used to get the word out about International Walk to School Month. They can be adapted for posting on social media, websites and newsletters, or school announcements.

- 1) Walktober is almost here! We are excited to celebrate International Walk to School Month now that schools are open for in-person learning. Be ready to walk. Register your event and win prizes!  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 2) October is #IWALK month when students around the globe participate in walk-to-school events and celebrate commuting on foot. Join the movement by organizing an event in your school community and register it here to win prizes!  
#IWALK #JourneyOutside  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 3) Walking to school helps you practice physical distancing while also getting some exercise. The journey outside is a safe and healthy choice during the pandemic. Check out these resources to help you celebrate walking. #GetYourWalkOn  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 4) Parents, let's walk our kids to school throughout October. Whether you're working from home or an office, the journey outside will get you some outdoor time and help you create some great memories with your kids. #IWALK #JourneyOutside
- 5) October is the perfect time to enjoy the outdoors with kids - the colours are beautiful and the weather is getting cooler. Use these I-spy cards to make the walk fun. #IWALK #JourneyOutside  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 6) Drive to 5 is a great way to try out active school commute if you live far from school. Park a block away from school and walk the rest of the way. Learn more about #IWALK month here.  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 7) Being outdoors gives you a choice to practice physical distancing without stress. Walk your kids to school every day and experience fall colours the best way!  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 8) The great outdoors is one of the best teachers. Help your kids learn on their way to school by choosing to walk them to school every day. Check out these resources to help create memorable experiences. #JourneyOutside #IWALK  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>

## Messages for students in in-person learning – Newsletter

### Join the iWalk Movement

October is International Walk to School Month and we are excited to celebrate now that schools are open for in-person learning.

Visit <https://ontarioactiveschooltravel.ca/international-walk-to-school-month/> to learn more about the best ways to celebrate walking to school during the pandemic. Get your walk on, and share your stories by tagging @OntarioAST on Twitter and using hashtags #IWALK and #JourneyOutside.

### Messages for students in e-learning – Social Media

- 1) Walktober is here and we are excited to celebrate #IWALK. Even if you're learning from home, it's great to take a walk between classes and enjoy the outdoors. Check out our resources that will help you celebrate.  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 2) October is #IWALK month when students around the globe celebrate walking. Join the movement! #JourneyOutside  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>
- 3) Working from home while your kids are engaged in #elearning? Take a break together and step out for a walk around the neighbourhood this October.  
#IWALK #JourneyOutside
- 4) Miss outdoor festivities? Celebrating Walktober is easy while following public health guidelines! Take a walk in your residential community while staying safe within your family bubble. #IWALK #JourneyOutside
- 5) Celebrating #IWALK is a great way to experience fall colours. Check out these I-Spy sheets that will help you make your walk around the neighbourhood enjoyable.  
<https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>

## Messages for students in e-learning - Newsletter

### Join the iWalk Movement

October is celebrated as International Walk to School Month across the globe. Don't let e-learning stop you from joining the movement! Celebrate the month by going for walks in your neighbourhood with your family.

Visit <https://ontarioactiveschooltravel.ca/international-walk-to-school-month/> to learn more about the best ways to celebrate walking amidst the pandemic. Get your walk on, and share your stories by tagging @OntarioAST on Twitter and using hashtags #IWALK and #JourneyOutside.