

Searching for a safer walk/bike to school?



Are you exploring ways to make walking and biking to school safer, more fun and more convenient?

Communities are finding that *Walking School Buses* can make a real difference. Sponsored by the Florida Department of Health, Florida Safe Routes to School Programs encourage and enable children to safely walk and bicycle to school through *Walking School Buses*.

What is a *Walking School Bus*? A *Walking School Bus* is a group of children walking to school with parents or volunteers. It's a simple concept. The bus can be two families taking turns walking their children to school or a planned route with meeting points and a rotated schedule of trained parents and/or volunteers. Plus, the benefits are numerous. Regular exercise is good for the body and the brain—it improves energy, concentration, self-esteem, memory, and creativity! What a great way to start the day!

Through the Florida Department of Health, Kristi Joyner, Regional Coordinator of Communities Putting Prevention to Work, will provide FREE safety vests, first aid kits, waivers for the parents, and safety training. Please see the [Walking School Bus](#) flyer for more information, and email [Kristi Joyner](#) or call (863) 978-8276 to set up *Walking School Buses* for your school.