



WALKING SCHOOL BUS (WSB) PROGRAM

BEDFORD SOUTH SCHOOL

Are you interested in reducing the stress and anxiety associated with the morning rush? Or, in reducing your carbon footprint by driving less and walking your children to school, but unable to do so every day? Need help connecting with others in the community to take turns walking your children to school? If so, the **Walking School Bus (WSB) Program** may be of interest to you!

What is a Walking School Bus?

A Walking School Bus is a group of students led by 1-2 adult volunteers who regularly walk to school together. Walking Buses provide safety in numbers and are a great way for students to be physically active, feel happy and more energized for the day, and develop good social skills and life-long healthy habits.

Bedford South School's Walking School Bus was piloted for a month last spring with support from HRCE Health Promoting Schools, and because of its success it will be offered again this year.

The program is **free** and open to any Bedford South School families who are willing to take turns to lead a group of children in their neighbourhood to school at least once a week.

The program will operate **Monday to Friday** in the **morning only**, or 2-5 days a week depending on the number of families who sign up in a particular area.

WALKING SCHOOL BUS TENTATIVE ROUTES



Walking routes and groups will be determined based on participants' address and not to exceed 10-15 min walking distance to school. Students who live over 1.5 km are welcome to join as long as parents or guardians are willing to drive their children to one of the designated Walking School Bus stops along the way.

Online pre-registration is required, and but spaces are limited. **To pre-register please go to <https://www.surveymonkey.com/r/WalkingSchoolBus-BSSF2019>. Deadline to pre-register is Monday, September 30, 2019.**

To learn more about the WSB program, please contact **Natalia Diaz-Insense**, Walking School Bus program coordinator, at 902.430.2510 or ndiazinsense@gmail.com.