



## Happy Winter Walk to School Day!

Thank you for participating in this year's Winter Walk and Roll to School Day on February 5th. No matter how cold it gets, Minnesotans know how to embrace winter fun, and we're excited your school is part of it.

Since your school registered with MnDOT, we're sending a packet of materials to support a successful event at your school. Inside, you'll find stickers to give to students who participate, posters to put up around the school to market the event and reflective zipper pulls that can be used as prizes. Below you'll find some resources you can download to help support your event. We hope these little tokens help spark excitement for your students, staff and community to roll, stroll and have fun!

**Will your school win the Golden Snow Boot Award?** Share photos of your event with us, along with a short recap and your participation numbers, by emailing [saferoutes.dot@state.mn.us](mailto:saferoutes.dot@state.mn.us). Your school will be entered to win the Golden Snow Boot Award, so bundle up and snap those photos!

Need a little planning inspiration? Check out the Getting Started Guide for tips on organizing a fun and smooth event, from preparation to day-of success. <http://www.walkbiketoschool.org>

Or download social media messages, posters, flyers, and other Winter Walk to School Day promotional materials here: [www.MNsaferoutestoschool.org](http://www.MNsaferoutestoschool.org)

Please take lots of photos and share your stories with us – we'd love to highlight your school's creativity and participation in making Winter Walk and Roll to School Day a winter celebration. After all, "there's snow place like Minnestoa" for a winter walk!

In partnership,

Kelly Corbin, Sophie Kalow and Phoebe Ward

Safe Routes to School Team  
Minnesota Department of Transportation



## Instructions – Winter Walk Day Toolkit

The materials for Winter Walk Day were developed to provide schools ready-to-use resources to promote Winter Walk Day at their school, as well as to solicit parent/guardian volunteers for Winter Walk to School Day activities.

Each of the flyers, postcards, and social media images were created using Microsoft PowerPoint, which allows for easy customization so that you can insert your own school photos, school name, contact information, Winter Walk Day activities, and more.

Materials in the toolkit include:

- School flyer - English, Spanish, Somali, and Hmong versions PDF (8.5 w x 11 h)
- Social media images - PowerPoint (8.5 w x 5.5 h)
- Parent flyers – PowerPoint (Color & B/W)
- Walkzone postcard - PowerPoint (8.5 w x 11 h)
- Sample Text – Word Document (Includes Newsletter, Facebook posts, Twitter posts and Walk & Bike zone letter/email text)
- Winter Walk stickers - PDF
  - Designed to be printed using Avery Labels: 22807, 22817 (Avery Easy Peel Print-to-the-Edge White Round Labels, 2" diameter)
- Frequent Winter Walker Punch cards - PDF
  - Formatted to be printed on Avery Index Cards 5388, 3"x5" (link below), but regular printer paper or cardstock will suffice
  - [http://www.avery.com/avery/en\\_us/Templates-%26-Software/Templates/Cards/Index-Cards/Index-Card-3-per-sheet\\_Microsoft-Word.htm?N=4294963727&refchannel=51e0379e6fa72210VqnVCM100002118140aRCRD](http://www.avery.com/avery/en_us/Templates-%26-Software/Templates/Cards/Index-Cards/Index-Card-3-per-sheet_Microsoft-Word.htm?N=4294963727&refchannel=51e0379e6fa72210VqnVCM100002118140aRCRD)

## Customize, print, and distribute the materials

1. Open the PowerPoint Files
2. Customize or update all of the information in the [brackets], and don't forget to delete the brackets. Example text in brackets include school name, contact info, and Walk to School Day date.
  - a. **OPTIONAL:** Swap out the photos in the PowerPoints with photos from your school or community!
  - b. Remember, if the PowerPoint is 2 pages, you need to customize the information on both pages.

3. Print or Export the documents.
  - a. Print the flyers and postcards double sided\*.  
\*Remember: you will get 2 flyers for every sheet of paper you print, so calculate accordingly. Cut the flyers in half along the dashed lines.
  - b. Export the social media images to a JPEG (File>Save As>JPEG)
4. Distribute the materials.
  - a. Post the flyers around your school
  - b. Give the take-home flyers to teachers so that they can send home one flyer with each student.
  - c. Send out the Walk Zone postcards and emails/letters to parents that live within the walk zone.\*  
\*Walk zones vary by school or school district, but typical walk zones are ½ mile for elementary school students, 1 mile for middle school students, and 2 miles for high school students.
  - d. Post the social media images on your school's website, Facebook page, or Twitter account. Don't forget the accompanying text in the Word document.

### Can't print color?

If you can't print color or want to save money on color printer toner, print the color versions in grayscale.



# Safe Routes to School

**Safe Routes to School** is a program that makes it easier, safer and more fun to walk and bike to school.

## The 6 E's

*SRTS programs improve safety, reduce traffic and improve air quality near schools through a multi-disciplinary approach that is structured around the 6 E's*

### » ENGAGEMENT

Listening to students, families, teachers, and school leaders and working with existing community organizations, and build intentional, ongoing engagement opportunities into the program structure.

### » EVALUATION

Evaluating the projects and programs of each of the other five "E's" helps to track progress, set goals, and determine which programs and projects are most effective.

### » EQUITY

Equity ensures that SRTS initiatives benefit all demographic groups, with additional attention toward addressing barriers and ensuring safe and healthy outcomes for lower-income students, students of color, and others that face significant disparities.

### » EDUCATION

Classes and activities that teach children (and their parents) bicycle, pedestrian and traffic safety skills, the benefits of bicycling and walking, the best routes to get to school, and the positive impacts these activities have on personal health and the environment.

### » ENCOURAGEMENT

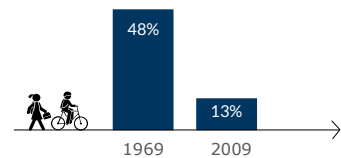
Events and activities that spark interest in both parents and students in walking and biking to school. Encouragement programs reward participation, build excitement about walking and biking, and inform children and adults about the personal and community benefits of walking to school.

### » ENGINEERING

Infrastructure improvements (signage, crosswalks, signals, etc) designed to improve the safety of people walking, bicycling, and driving along school routes.

## Why Safe Routes To School

» Within the span of one generation, the percentage of children walking or bicycling to school has dropped precipitously.



» Kids are not getting enough physical activity



» Roads near schools are congested, decreasing safety and air quality for children



### KIDS WHO WALK OR RIDE TO SCHOOL:



- Arrive alert and able to focus on school
- Get most of their recommended daily physical activity during the trip to school
- Are more likely to be a healthy body weight
- Demonstrate improved test scores and better school performance
- Are less likely to suffer from depression and anxiety



For more information please visit:  
[www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)



# Rutas Escolares Dignas y Seguras

El programa de Rutas Escolares Dignas y Seguras (**Safe Routes to School**) ayuda a que nuestros niños puedan caminar o pedalear con seguridad para llegar a sus escuelas.

## Los 6 Elementos para lograrlo, y para también mejorar la seguridad vial, reducir el tráfico, y reducir la contaminación ambiental cerca de nuestras escuelas.

### » INVOLCRAR

Escuchar a los estudiantes, las familias, los maestros y los líderes escolares y trabajar con las organizaciones comunitarias existentes, y crear oportunidades de participación continua e intencional en la estructura del programa.

### » EVALUACIÓN

La evaluación de los proyectos y programas bajo cada uno de los otros cinco elementos ayuda a medir el progreso de ellos y así determinar cuáles son los más efectivos.

### » EDUCACIÓN

Clases y actividades que ayudan a que los niños aprendan cómo llegar a sus escuelas a pie y en bicicleta, y cómo cruzar la calle con seguridad - y que además les enseñan los beneficios de hacerlo.

### » INFRAESTRUCTURA

Obras de construcción y diseño (nuevas banquetas, señalización, cruces peatonales, etc.) que mejoran la seguridad de los viajes a pie, en bicicleta o en auto a lo largo de las rutas que nos conectan con las escuelas.

### » PROMOCIÓN

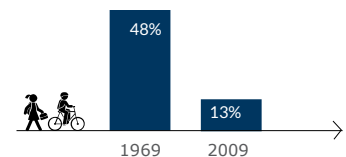
Eventos y actividades que despiertan el interés de padres y estudiantes y les invitan a viajar a pie o en bicicleta para llegar a la escuela. Los programas de promoción incentivan y premian la participación de las familias en estas actividades, y les informan de sus beneficios.

### » EQUIDAD

La Equidad asegura que todas las iniciativas de SRTS (Caminos Seguros a la Escuela) beneficien a todos los grupos demográficos, con especial énfasis en la seguridad y la salud de los estudiantes de bajos ingresos, grupos minoritarios y demás personas que padezcan desigualdades significativas.

## ¿Por qué Rutas Escolares Dignas y Seguras?

» En una sola generación, el porcentaje de niños que van a pie o en bicicleta a sus escuelas ha bajado dramáticamente



» Hoy en día, los niños no hacen suficiente ejercicio diario



» Demasiados carros transitan cerca de las escuelas, lo que reduce la seguridad y contamina el ambiente



### Los niños que llegan a su escuela a pie o en bici:



- Llegan más despiertos y listos para aprender
- Completan la mayoría de la actividad física que se recomienda diariamente
- Tienen menos problemas de sobrepeso
- Mejoran sus notas y aprendizaje, y tienen mejor rendimiento en sus exámenes
- Tienen menores índices de ansiedad y depresión



For more information please visit:  
[www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)

# WALK! FUN!

## Street and Sidewalk Safety



### FIVE STEPS FOR CROSSING THE STREET

- 1 Find a safe crosswalk or corner.
- 2 Stop at the edge before crossing.
- 3 Look left-right-left and listen for traffic.
- 4 Cross with an adult or older sibling if you need.
- 5 Cross the street in a straight line - don't run!

### BEFORE YOU CROSS

**STOP** before crossing  
**LOOK** left-right-left  
**LISTEN** for traffic you may not see



### TIPS FOR WALKING AND ROLLING SAFELY

**Pay Attention** Put away your phone or toys, and don't play in the street while crossing.

**Be aware** Check for traffic, visual barriers, and other hazards. Learn about the different types of intersections and how to cross them safely.

**Learn your neighborhood** Learn about the roads, sidewalks, and pathways in your neighborhood so that you can navigate them with confidence!

### STOP AT THE EDGE!

Something blocking your view? Carefully look around visual barriers like:



Snow



Parked Cars



Trees



Buildings



MINNESOTA  
**WALK!  
BIKE!  
FUN!**



To download your free copy, go to:

**WALKBIKEFUN.ORG**

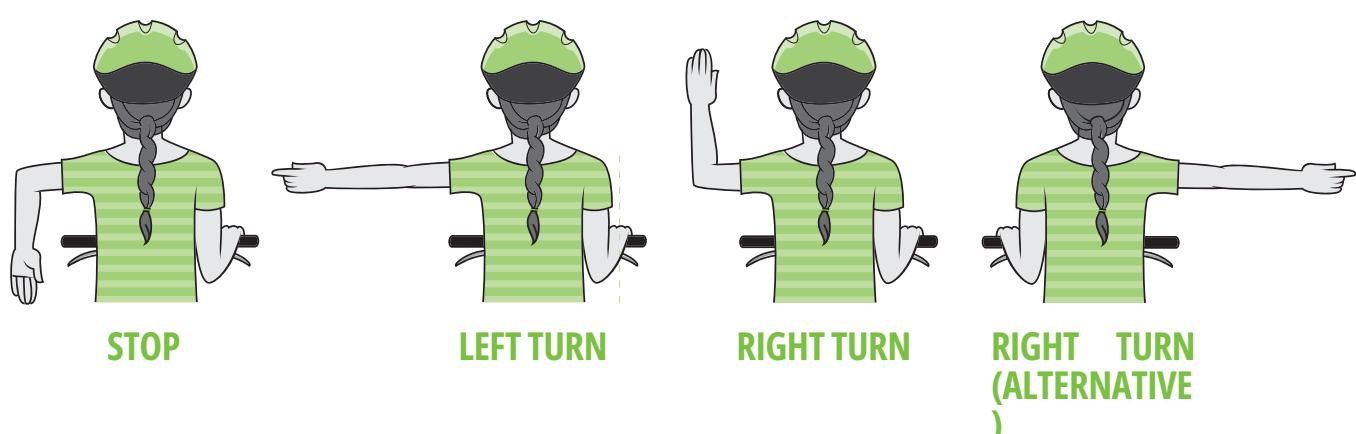
# WALK! BIKE! FUN!



## RULES OF THE ROAD

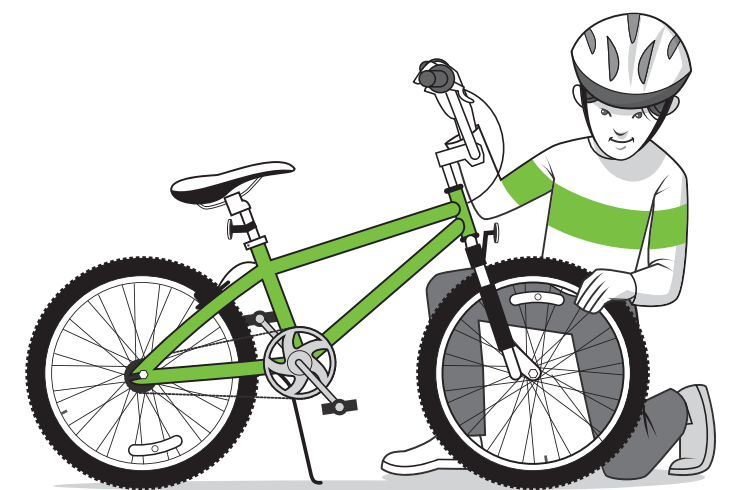
- 1 Stop at red lights & stop signs.
- 2 Ride on the right in a straight line.
- 3 Signal your turns.
- 4 Watch for cars, pedestrians & road hazards.
- 5 Be visible.

## SIGNAL YOUR TURN!



## BEFORE YOU GO: Do the ABC Quick Check

- A is for Air
- B is for Brakes
- C is for Cranks, Chain & Cassette



Take a quick ride to check it all before you go!

## PROTECT YOUR MELON: Always Wear a Helmet!

**Helmet Position** Your helmet should sit level on your head and low on your forehead – one or two finger widths above your eyebrows.

**Side Straps** Adjust the slider on both side straps to form a “V” shape under and slightly in front of each ear.

**Final Fit** Does your helmet fit right? Open your mouth wide . . . big yawn! The helmet should pull down on the head.



EYES



EARS



MOUTH



Learn more about the Walk! Bike! Fun! curriculum at [WWW.WALKBIKEFUN.ORG](http://WWW.WALKBIKEFUN.ORG)

*Start the New Year with walking cheer for a healthy habit!*



***Winter Walk Day: February 5, 2025***

We need parent volunteers for *Walk to School Day* at [Name of School]!

- Lead a walking school bus
- Host a check point for walking school buses
- Provide refreshments & prizes at the school
- Encourage your child and their friends to participate!

**Ready to help? Get in touch!**

Contact [role] [First name] [Last name]  
[Phone number] | [E-mail address]





# ¡Empieza el Año Nuevo con alegría al caminar!



## El Día de la caminata invernal: 5 de febrero

### ¡Necesitamos padres voluntarios para el *Día de la Caminata* a la Escuela en [Name of School]!

- Dirige un autobús escolar a pie
- Organiza un punto de control para los autobuses escolares a pie
- Ofrece refrigerios y premios en la escuela
- ¡Anima a tu niño y a sus amigos a participar!

### ¿Listo para ayudar? ¡Ponte en contacto!

Contacto [role] [First name] [Last name]  
[Phone number] | [E-mail address]



# *Ku bilow Sannadka Cusub farxadda lugeynta!*



**Maalinta Lugeynta Jiilaalka (Winter): Febaraayo 5, 2025**

Waxaan u baahanahay waalid iskaa wax u qabso ku shaqeeya  
Maalinta u Lugeynta Iskuulka ee [Name of School]!

- Hogaami baska iskuulka u socda
- Marti geli barta hubinta basaska ee lugaynta iskuulka
- Keen cabitaano/cunto fudud & abaalmarinno iskuulka
- Ku dhiiri geli ilmahaaga iyo saaxiibadood in ay ka qaybqaataan!

**Diyaar ma u tahay in aad caawiso? Nala soo xiriir!**

La xiriir [role] [First name] [Last name]  
[Phone number] | [E-mail address]



*Pib lub Xyoo Tshiab nrog qhov taug kev yam zoo siab lug!*



**Hnub Taug Kev Thaum Caij Ntuj No: Ob hlis 5**

**Peb xav tau cov niam txiv tuaj pab dawb rau Hnub Taug Kev Mus Kawm Ntawv ntawm [Name of School]!**

- Ua tus ntaus thawj coj cov menyuam taug kev mus kawm ntawv
- Sawv ntawm ib qho chawj kuaj cov menyuam taug kev mus kawm ntawv
- Muab dej haus thiab khoom plig pem tsev kawm ntawv
- Txhaub cov menyuam thiab lawv cov phooj ywg tuaj koom!

**Npaj tuaj pab? Sib tiv tauj!**

Contact [role] [First name] [Last name]  
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*Make a New Year's resolution  
to walk to school!*



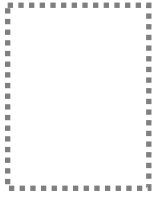
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Dear **[NAME OF SCHOOL]** parent/guardian:

Get a fresh start to the new year by starting a healthy new habit with your kids!

**Wednesday, February 5th** is **Winter Walk to School Day**, an annual international event that encourages children to walk to school.

Walking or biking to school regularly provides health benefits and helps kids focus at school.

Find out more about Winter Walk to School Day activities at **[NAME OF SCHOOL]** by contacting **[NAME]** at **[PHONE NUMBER]** or email at **[EMAIL]**.

**Let's all walk together!**

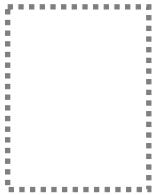
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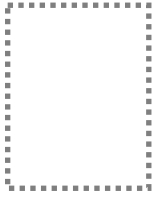
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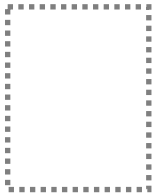
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*¡Haz el propósito de Año Nuevo de ir caminando a la escuela!*



[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)

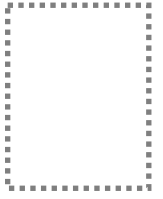


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Estimado padre/tutor de **[NAME OF SCHOOL]**:

¡Empieza el año escolar con un hábito nuevo y saludable con tus hijos!

***El miércoles 5 de febrero es el Día invernal de caminar a la escuela***, un evento anual internacional que fomenta que los niños caminen a la escuela.

Ir caminando o en bicicleta a la escuela con regularidad proporciona beneficios para la salud y ayuda a los niños a concentrarse en la escuela.

Para obtener más información sobre las actividades del Día invernal de caminar a la escuela en **[NAME OF SCHOOL]** contactando a **[NAME]** en **[PHONE NUMBER]** o por correo electrónico en **[EMAIL]**.

**¡Caminemos todos juntos!**

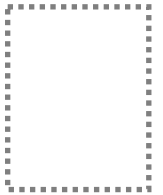
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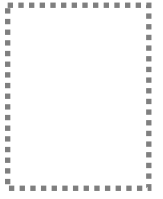
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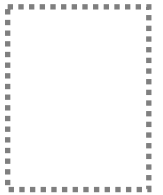
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Samee Qaraar Sanadka cusub ah oo aad u lugeyneysid Iskuulka/dugsiga!



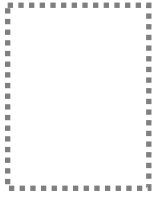
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Samee Qaraar sanadka cusub ah oo aad u lugeyneysid Iskuulka



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Gacaliye **[NAME OF SCHOOL]** waalidka/masuulka:

Ugu biloow caruurtaada sanadka cusub bilaaw barakeysan adiga oo bilaabaya caado cusub oo caafimaad qab la xiriirta!

**Arbacada, Febraayo 5** waa **Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter)**, oo ah dhacdo caalami ah oo sanadle ah oo ku dhiirigelisa carruurta inay u lugeeyaan iskuulka.

Iskuulka oo lugeeyo ama baaskiil/bushkaleeti loogu aado si joogto ah waxaa laga helaa faa'iidooyin caafimaad waxayna ka caawisaa carruurta inay iskuulka diirada saaraan.

Ka hel macluumaad dheeri ah oo ku saabasan dhaqdhaqaaqyada/howlaha Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter) **[NAME OF SCHOOL]** adiga oo kala xiriiraya **[NAME]** lambarka **[PHONE NUMBER]** ama email ugu diraya **[EMAIL]**.

**Ina keena oo aan dhammaanteen wada lugeyno!**

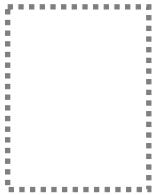
P.S. Waxaa kale la heli karaa fursado shaqo iskaa wax u qabso ah Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter) La xiriir **[NAME]** wixii macluumaad dheeriya ah.

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Gacaliye **[NAME OF SCHOOL]** waalidka/masuulka:

Ugu biloow caruurtaada sanadka cusub bilaaw barakeysan adiga oo bilaabaya caado cusub oo caafimaad qab la xiriirta!

**Arbacada, Febraayo 5** waa **Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter)**, oo ah dhacdo caalami ah oo sanadle ah oo ku dhiirigelisa carruurta inay u lugeeyaan iskuulka.

Iskuulka oo lugeeyo ama baaskiil/bushkaleeti loogu aado si joogto ah waxaa laga helaa faa'iidooyin caafimaad waxayna ka caawisaa carruurta inay iskuulka diirada saaraan.

Ka hel macluumaad dheeri ah oo ku saabasan dhaqdhaqaaqyada/howlaha Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter) **[NAME OF SCHOOL]** adiga oo kala xiriiraya **[NAME]** lambarka **[PHONE NUMBER]** ama email ugu diraya **[EMAIL]**.

**Ina keena oo aan dhammaanteen wada lugeyno!**

P.S. Waxaa kale la heli karaa fursado shaqo iskaa wax u qabso ah Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter) La xiriir **[NAME]** wixii macluumaad dheeriya ah.

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Samee Qaraar sanadka cusub ah oo aad u lugeyneysid Iskuulka/dugsiga!



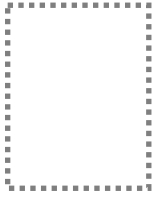
[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)



Samee Qaraar sanadka cusub ah oo aad u lugeyneysid Iskuulka/dugsiga!



[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)



Gacaliye **[NAME OF SCHOOL]** waalidka/masuulka:

Ugu biloow caruurtaada sanadka cusub bilaaw barakeysan adiga oo bilaabaya caado cusub oo caafimaad qab la xiriirta!

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**Ina keena oo aan dhammaanteen wada lugeyno!**

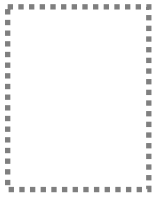
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Gacaliye **[NAME OF SCHOOL]** waalidka/masuulka:

Ugu biloow caruurtaada sanadka cusub bilaaw barakeysan adiga oo bilaabaya caado cusub oo caafimaad qab la xiriirta!

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*Cog lus rau Lub Xyoo Tshiab tias  
yuav Taug kev mus kawm ntauv!*



[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)

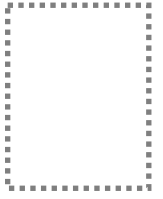


*Cog lus rau  
Lub Xyoo  
Tshiab tias  
yuav Taug  
kev mus  
kawm ntauv!*



[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)





Nyob zoo **[NAME OF SCHOOL]** cov niam txiv/cov saib xyuas:

Pib ib yam tshiab nrog lub xyoo tshiab kom muaj kev noj qab haus huv rau lub cev nrog koj cov menyuam!

**Hnub Wednesday, lub Ob hlis ntuj 5** yog **Hnub Taug Kev Thaum Caij Ntuj No**, ib lub koob tsheej txhua xyoo hauv teb chaws es txhaub kom cov menyuam taug kev mus kawm ntawv.

Taug kev los yog caij luv thij mus kawm ntawv tas li yuav muaj txiaj ntsim zoo rau lub cev thiab pab tus menyuam tswj tau lub hlwb txog kev kawm hauv tsev kawm ntawv.

Kom paub ntau dua txog Hnub Taug Kev Thaum Caij Ntuj No **[NAME OF SCHOOL]** es yog tiv tauj **[NAME]** at **[PHONE NUMBER]** los yog tus email ntawm **[EMAIL]**.

**Los sawv daws taug kev uake!**

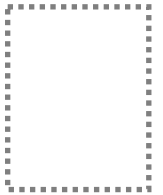
P.S. Peb kuj muaj cov hwv tsam kom tuaj pab dawb tau rau hnub Taug Kev Thaum Caij Ntuj No Tiv tauj **[NAME]** kom paub ntau dua.

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Nyob zoo **[NAME OF SCHOOL]** cov niam txiv/cov saib xyuas:

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*Cog lus rau Lub Xyoo Tshiab tias  
yuav Taug kev mus kawm ntauv!*



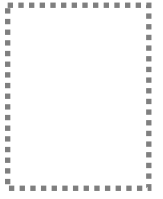
[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)



*Cog lus rau  
Lub Xyoo  
Tshiab tias  
yuav Taug  
kev mus  
kawm ntauv!*



[mnsaferoutestoschool.org](http://mnsaferoutestoschool.org)



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**Los sawv daws taug kev uake!**

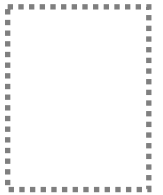
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Nyob zoo [NAME OF SCHOOL] cov niam txiv/cov saib xyuas:

Pib ib yam tshiab nrog lub xyoo tshiab kom muaj kev noj qab haus huv rau lub cev nrog koj cov menyuam!

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# Make a New Year's resolution to walk to school!



Join us for *Winter Walk Day* at  
[Name of School] on February 5th!

For more information, contact:

[Name and role]  
[Phone number]  
[E-mail]



# Don't miss out on the fun... *WALK TO SCHOOL!*



Join us for *Winter Walk Day* at  
[Name of School] on February 5th!

For more information, contact:

[Name and role]  
[Phone number]  
[E-mail]





**Don't hibernate!**  
***Participate!***

Join us for *Winter Walk Day* at  
 [NAME OF SCHOOL] on **February 5!**

Why start the school day with a walk?

- It's FUN!
- More time with friends and family
- Activate your brain
- Help the environment
- Get to know your neighborhood

For more information, contact:

[Name and role] | [Phone number] | [E-mail]

[www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)





# *Winter Walk Day*

# February 5th



## *Be a winter walker!*



### Why walk?

- Fun with friends
- Get exercise
- Win prizes
- Have fun!



# Winter Walk Day

# February 5th

## What's your plan to walk To School?

### Why walk?

- Time with friends
- Get exercise
- Play in the snow!
- Have fun!



For more information, contact:

[Name]

[Email]

[Phone number]







Don't miss out on the fun...

# *Walk to school!*



## *Winter Walk Day is*

# February 5



### Why walk?

- Time with friends
- Get exercise
- Play in the snow!
- Have fun!



# ¡Haz el propósito de Año Nuevo de ir caminando a la escuela!



¡Únete a nosotros *en el Día de la caminata invernal* en [Name of School] el 5 de febrero!!

Para más información, contacta con:

[Name and role]

[Phone number]

[E-mail]





No te pierdas la diversión...



¡CAMINA A LA ESCUELA!



¡Únete a nosotros *en el Día de la caminata invernal* en [Name of School] el 5 de febrero!



Para mas información, contacta con:

[Name and role]  
[Phone number]  
[E-mail]





# ¡No hibernes! ¡Participa!



¡Únete a nosotros *en el Día de la caminata invernal* en  
[Name of School] el 5 de febrero!



¿Por qué empezar el día escolar caminando?

- Es DIVERTIDO!
- Más tiempo con amigos familia
- Activa tu cerebro
- Ayuda al medio ambiente
- Conoce tu vecindario



Para mas información, contacta con:



[Name and role] | [Phone number] | [E-mail]

[www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)





# ***Día de la caminata invernal***

## **5 de febrero**



***¡Sé un caminante de invierno!***



### **¿Por qué caminar?**

- Diviértete con tus amigos
- Haz ejercicio
- Gana premios
- ¡Diviértete!





# *Día de la caminata invernal* **5 de febrero**

*¿Cuál es tu plan para ir caminando*



*a la escuela?*



**¿Por qué caminar?**

- Tiempo con amigos
- Haz ejercicio
- ¡Juega en la nieve!
- ¡Diviértete!



Para mas información, contacta con:

[Name]

[Email]

[Phone number]





No te pierdas la diversión...  
***¡CAMINA A LA ESCUELA!***



***El Día de la caminata  
invernal es***

**5 de febrero**




**¿Por qué caminar?**

- Tiempo con amigos
- Haz ejercicio
- ¡Juega en la nieve!
- ¡Diviértete!



# Samee Qaraar Sanadka Cusub oo aad ugu lugeyneysid Iskuulka/dugsiga!



Nagala soo qeyb *Maalinta Lugeynta Xiliga*   
*Jiilaalka (Winter)* ee  
[Name of School] taariikhduna tahay  
**Febaraayo 5!**

Wixii macluumaad dheeraada ah, la xiriir:

[Name and role]  
[Phone number]  
[E-mail]







# Ha ka maqnaan madadaalada...



# U LUGEEY ISKUULKA!



Nagala soo qeyb *Maalinta Lugeynta Xiliga  
Jiilaalka (Winter)* ee  
[Name of School] taariikhda **Febaraayo 5!**



Wixii macluumaad dheeraada ah, la xiriir:

[Name and role]  
[Phone number]  
[E-mail]





# Ha seexan! Ka qaybqaado!

Nagala soo qeybgal *Maalinta Lugeynta Xiliga  
Jiilaalka (Winter)* ee

[NAME OF SCHOOL] taariikhduna tahay  
**Febaraayo 5deeda!**

Maxay tahay sababta aan maalinta iskuulka ugu bilaabeyno socod/lugeyni?

• **MADADAALO!** • Waqti dheeraad ah oo aad siineyso saaxiibada iyo qoyska • Maskaxdaada

oo aad ka shaqeysiiso • Caawi deegaanka • Baro xafadaada/deriskaaga

Wixii macluumaad dheeraada ah, la xiriir:

[Name and role] | [Phone number] | [E-mail]

[www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)



# Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka (Winter)

## Febaraayo 5

*Noqo mid lugeeya  
jiilaalka (winter)!*



### Maxaan u legeynayaa?

- Madadaalo la qaado saaxiibadaa
- Jimicsi samee
- Ku guulayso abaalmarin
- Madadaalo qaado!



# Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka (Winter)



## Febaraayo 5

### Muxuu yahay qorshahaaga u lugeynta



### *Iskuulka/Dugsiga?*



#### Maxaan u legeynayaa?

- Waqi la qaado saaxiibada
- Jimicsi samee
- Barafka ku ciyaar
- Madadaalo qaado!



Wixii macluumaad dheeraada ah, la xiriir:

[Name]

[Email]

[Phone number]



Ha ka maqnaan  
madadaalada...  
**U lugeynta  
iskuulka!**



**Maalinta Lugeynta  
Xiliga  
Jiilaalka (Winter)**

**Febaraayo 5**


**Maxaan u legeynayaa?**

- Waqi la qaado saaxiibada
- Jimicsi samee
- Barafka ku ciyaar
- Madadaalo qaado!



# Samee Qaraar Sanadka Cusub oo aad ugu lugeyneysid Iskuulka/dugsiga!



Nagala soo qeyb *Maalinta Lugeynta Xiliga*   
*Jiilaalka (Winter)* ee  
[Name of School] taariikhduna tahay  
**Febaraayo 5!**

Wixii macluumaad dheeraada ah, la xiriir:

[Name and role]  
[Phone number]  
[E-mail]





# Ha ka maqnaan madadaalada...



# U LUGEEY ISKUULKA!



Nagala soo qeyb *Maalinta Lugeynta Xiliga  
Jiilaalka (Winter)* ee  
[Name of School] taariikhda **Febaraayo 5!**



Wixii macluumaad dheeraada ah, la xiriir:

[Name and role]  
[Phone number]  
[E-mail]





# Ha seexan! Ka qaybqaado!

Nagala soo qeybgal *Maalinta Lugeynta Xiliga  
Jiilaalka (Winter)* ee

[NAME OF SCHOOL] taariikhduna tahay  
**Febaraayo 5deeda!**

Maxay tahay sababta aan maalinta iskuulka ugu bilaabeyno socod/lugeyni?

• **MADADAALO!** • Waqti dheeraad ah oo aad siineyso saaxiibada iyo qoyska • Maskaxdaada

oo aad ka shaqeysiiso • Caawi deegaanka • Baro xafadaada/deriskaaga

Wixii macluumaad dheeraada ah, la xiriir:

[Name and role] | [Phone number] | [E-mail]

[www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)





# Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka (Winter)

## Febaraayo 5

*Noqo mid lugeeya  
jiilaalka (winter)!*



### Maxaan u legeynayaa?

- Madadaalo la qaado saaxiibadaa
- Jimicsi samee
- Ku guulayso abaalmarin
- Madadaalo qaado!



# Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka (Winter)



## Febaraayo 5

### Muxuu yahay qorshahaaga u lugeynta



### *Iskuulka/Dugsiga?*



#### Maxaan u legeynayaa?

- Waqi la qaado saaxiibada
- Jimicsi samee
- Barafka ku ciyaar
- Madadaalo qaado!



Wixii macluumaad dheeraada ah, la xiriir:

[Name]

[Email]

[Phone number]



Ha ka maqnaan  
madadaalada...  
**U lugeynta  
iskuulka!**



**Maalinta Lugeynta  
Xiliga  
Jiilaalka (Winter)**

**Febaraayo 5**

**Maxaan u legeynayaa?**

- Waqi la qaado saaxiibada
- Jimicsi samee
- Barafka ku ciyaar
- Madadaalo qaado!





# WINTER WALKING



**Greetings!**



**We appreciate it SNOW  
much when you clear your  
sidewalks of ice and snow!**

**It makes our walk to  
school so much easier!**

**Happy Trails,**



*Don't Hibernate, Participate!*  
*Winter Walk Day is Feb. 5th!*



*For more information, visit: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

*Don't Hibernate, Participate!*  
*Winter Walk Day is Feb. 5<sup>th</sup>!*



*For more information, visit: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

*Join the Winter Walk Club!*

*Walk to School on Winter Walk Day – Feb. 5th*



*For more information, visit: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

# Go Slow, Enjoy the Snow!

Join us for Winter Walk to School Day on February 5th



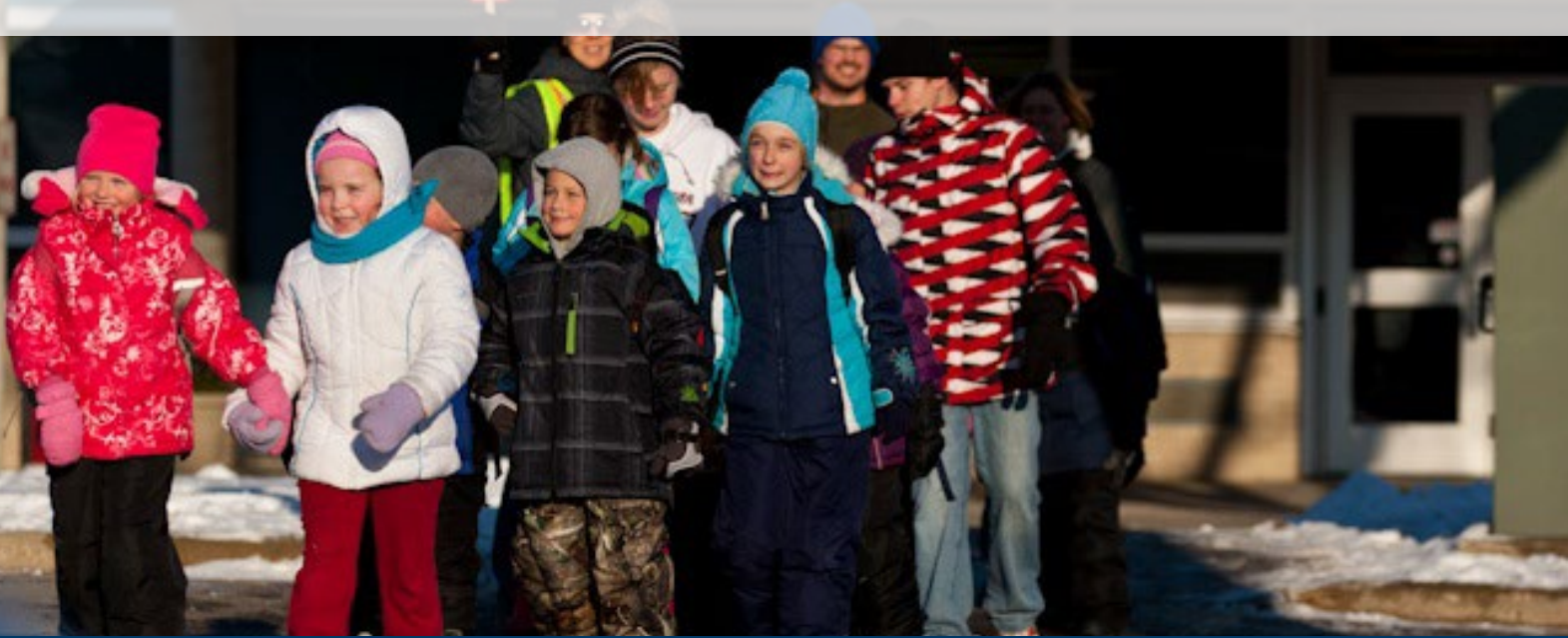
Graphic: Green Communities





*No hibernes, ¡Participa!*

*¡El Día de la caminata invernal es el 5 de febrero!*



*Para más información, visita: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

*No hibernes, ¡Participa!*

*¡El Día de la caminata invernal es el 5 de febrero!*



*Para más información, visita: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

*ete al Club de Caminata de Invierno!*

*ina a la escuela en el Día Invernal de Caminar – 5 de feb.*



*Para más información, visita: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

# Anda despacio, ¡disfruta de la nieve!

¡Únete a nosotros en el Día Invernal de Caminar a la Escuela el 5 de febrero!



Graphic: Green Communities



Ha seexan, Ka qaybqaado!

*Maalinta Lugeynta Jiilaalka (Winter) waa Feb. 5!*



*Wixii macluumaad dheeraad ah, booqo: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

# Ha seexan, Ka qaybqaado!

## *Maalinta Lugeynta Jiilaalka(Winter) waa Feb. 5*



*Wixii macluumaad dheeraad ah, booqo: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

# Biir Naadiga lugeynta Jiilaalka(Winter)!

Waxay iskuulka Maalinta u Lugeynta Iskuulka ee Xiliga  
Jiilaalka(Winter) – Feb. 5



Wixii macluumaad dheeraad ah, booqo: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)

# Tartiib u Soco, ku Raaxayso Barafka!

Nagala soo qeybgal Maalinta u Lugeynta Iskuulka ee Xiliga Jiilaalka(Winter) ee Febaraayo 5!



Graphic: Green Communities





# Tsis Txhob Nkaum! *Tuaj koom!*

*Hnub Taug Kev Thaum Caij Ntuj No yog lub Ob Hlis 5*



*Kom paub ntau dua, saib hauv: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

# Tsis Txhob Nkaum! *Tuaj koom!*

*Hnub Taug Kev Thaum Caij Ntuj No yog lub Ob Hlis 5*



*Kom paub ntau dua, saib hauv: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

*Koom nrog pawg neeg taug kev thaum caij ntuj no!*

*Hnub Taug Kev Thaum Caij Ntuj No – Ob hlis 5*



*Kom paub ntau dua, saib hauv: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org)*

# Maj mam tau kev, kov cov daus uasi!

Koom nrog peb rau Hnub Taug Kev Thaum Caij Ntuj  
No rau lub Ob hlis 5



Graphic: Green Communities

