

International Walk or Wheel to School Month (iWALK - iWHEEL)

Presentation of Prizes and Awards

City of St. John's Council Meeting

Monday, October 28, 2019

Time: 4:30PM

iWALK-iWHEEL Information

Students from 10 schools in St. John's laced up their sneakers during the month of October to participate in this year's *International Walk or Wheel to School Month*. This is the 19th year for this event in St. John's.

iWALK began as a "Walk to School" week in 1994 in Great Britain as a pilot activity. The first official Walk to School Day in Canada began in 1998. In 2006 iWALK expanded to all of October and was designated as *International Walk to School Month*. As of 2015, October has been designated as *International Walk or Wheel to School Month* to recognize other forms of active transport.

iWALK-iWHEEL gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking and wheeling. By walking and wheeling to and from school, students can experience firsthand how easy it is to incorporate regular physical activity into their daily lives.

iWALK-iWHEEL Student Package and School Prize

City of St. John's Recreation Division partnered with 10 schools, involving more than 2800 students in St. John's to take part in this year's event. Schools were given gift baskets and various resource materials to use towards their individual iWALK contests and events. Schools held walks so that all students had a chance to participate in addition to various classroom games and activities to help encourage active and accessible transportation.

In addition to individual prizes, the participating schools selected one student who they feel exemplified walking or wheeling to school throughout the month of October. These student's have also been entered into a draw for their school to receive a participation prize. The City of St. John's will present \$500.00 to one school who participated in this year's *International Walk or Wheel to School Month*. As mentioned previously, 10 schools were eligible to win this cash award.