

**WALK WITH US!**

**GIVE YOUR CHILD THE CHANCE  
TO WALK TO SCHOOL!**



**REMEMBER WALKING TO SCHOOL?**  
Our kids are missing out on that experience.  
That's where the Walking School Bus can help!

### **WHAT IS A WALKING SCHOOL BUS?**

The Walking School Bus is a free, safe and fun way for elementary age students (K-5) to get to school. Each Walking School Bus has at least one trained adult 'bus driver'. The 'bus' walks along a specific route picking up students at specified 'bus-stops' near students' homes along the way.

### **WHO IS ELIGIBLE FOR THE WALKING SCHOOL BUS?**

All children are welcome! If you live within one mile of school then the Walking School Bus is ideal for you.

### **WHAT ARE THE BENEFITS OF WALKING TO SCHOOL?**

**IT ENERGIZES KIDS FOR LEARNING** - Kids get exercise, fresh air, and arrive at school ready to learn.

**IT BUILDS A STRONGER COMMUNITY** - The walk provides social opportunities for children and parents within their community.

**IT PROMOTES SAFETY** - Trained adult volunteers guide students safely to and from school.

**IT INSPIRES CONFIDENCE** - Kids develop skills to walk SAFELY to school and around their town.

**IT REDUCES TRAFFIC** - Walking to school reduces traffic congestion at the school and in the surrounding community.

**IT IS JUST MORE FUN!** - Each child receives a frequent walker card and can earn prizes!

### **GET MORE INFORMATION ABOUT THE WALKING SCHOOL BUS!**

[www.WalkingSchoolBus.me](http://www.WalkingSchoolBus.me)

Don't miss the bus. Register your child today!

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# WALKING SCHOOL BUS

A **Walking School Bus** is a healthy, cost effective addition to a school's transportation system. The walk to school helps students get more physical activity and the adult volunteers ensure the kids' safety. Programs like this run across Maine and the United States - and have documented success in improving students' learning readiness and behavior. Additional benefits include fostering community and reducing absenteeism. The Maine Walking School Bus Program - a partnership of the Maine Center for Disease Control and Prevention, the Maine Department of Transportation, and the Bicycle Coalition of Maine - is working to launch new Walking School Buses in communities like yours around the state.

[www.WalkingSchoolBus.me](http://www.WalkingSchoolBus.me)



*Maine Center for Disease  
Control and Prevention*

*An Office of the  
Department of Health and Human Services*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

