

Mesa View Elementary



Walk & Roll to School

Wednesday, Oct 2

School District 51 students and their families are invited to participate in National Walk to School Day by Walking, Biking, or Rolling to school on October 2nd.

Contact your school for more information on group walking and biking locations.

Walking, rolling and bicycling to school helps students...

- Reach the recommended goal of 60 minutes of daily physical activity
 - Get energized and ready to learn
 - Gain a sense of independence
- Learn & practice bike and pedestrian safety
- Improve the air quality by leaving the car behind
 - Take an active role in their well-being



Parents: If you would like to Walk & Roll with us to school please contact Miss. Schaller! We would love to encourage family and community involvement!

mschalle@d51schools.org

Hello Mesa View!

Come join your fellow Hawks in our Walk & Roll to school day! We will be meeting at 229 29 Rd, Grand Junction, CO 81503, the **Chipeta Golf Course Parking Lot**, and **leaving at exactly 8:15!** **Please have your student there by 8:00 A.M.!**

Your student can either walk or roll to school! Please make sure your student is in a helmet if they are rolling! There will be staff walking and rolling with our students to ensure a safe ride!

Students who participate will be put into a drawing for prizes!