

# Monthly Motivator: September



September is School Success Month and Iowa Safe Routes to School can help them succeed. Below are some tips to help you and your child succeed this school year!

A simple way to increase a student's physical activity is by walking or biking to school and from school. Studies have found that when a child is active for 20 minutes they respond more accurately to test questions and can complete learning tasks faster.

Dropping your child off at school? Drop your child off a few blocks from school and have them walk the remainder of the distance. This gives kids the chance to exercise and the driver the opportunity to avoid school traffic.

Work with your school and Safe Routes Coordinators in your area to create a "Park & Walk" location.



## September is School Success Month



Read a Book Day - 6

Coloring Day - 14

Car Free Day - 22

Family Day - 26

