Foster City, CA – The San Mateo-Foster City School District is pleased to announce that students from five San Mateo elementary schools - Baywood, Beresford, George Hall, Highlands, and Laurel - will be joining students from around the world to celebrate International Walk-to-School Day on Wednesday, October 5, 2011. Approximately 1,000 students will be walking to school along with parents, teachers and community leaders as they take steps to build healthy hearts and reduce their carbon footprint.

In the United States, International Walk to School Day is expected to be celebrated at over 3,500 events at participating schools. Walkers from the U.S. will join children and adults in 40 countries around the world. Walk to School events work to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion, concern for the environment and building connections between families, schools and the broader community.

Schools along with their Parent Teacher Associations (PTAs) are organizing events at each site. For additional local information, please contact Joanne Day, Baywood Principal at (650) 312-7511, Alicia Heneghan, Beresford Principal at (650) 312-7551, Pam Bartfield, George Hall Principal at (650) 312-7533, Maria Majka, Highlands Principal at (650) 312-7544, and Susan Glines, Laurel Principal at (650) 312-7555.

For additional information on International Walk to School Day, please visit these web sites:

International Walk to School in the USA  [www.walktoschool.org](http://www.walktoschool.org)
National Center for Safe Routes to School  [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
International Walk to School  [www.iwalktoschool.org](http://www.iwalktoschool.org)

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The San Mateo-Foster City School District operates 20 elementary and middle schools serving approximately 11,000 students from preschool through 8th grade. For more information, please visit the district website at [www.smfc.k12.ca.us](http://www.smfc.k12.ca.us).