

**The rush and pressure of tasks can make a person feel like the rabbit in Alice In Wonderland**



“I’m late, I’m late for a very important date. No time to say hello, good-bye, I’m late, I’m late, I’m late.”

The symbolic reference from this iconic film can be extended to our modern school environment, knowing that rushing in high gear all the time will inevitably lead to mistakes, stress, and injury.

So.....take a deep breath, consciously shift gears to a maintainable steady pace that is efficient, effective, safe, perhaps even enjoyable, and take the time to say “Hello,” to everyone you see – you won’t regret it.

**The best walking surfaces and ideal weather conditions won’t be of any help if you are not watching where you are going.**