

Let's Walk and Wheel to School!

Why Is Active School Travel Important?



Increased traffic in school zones increases air pollution, which can have negative health outcomes.



Active school travel has been shown to improve memory and attention during class.



Walking/wheeling to and/or from school can be a way for children to get their recommended 60 minutes of daily physical activity.



Increased traffic makes school zones congested and congested school zones are unsafe.



What Can Families Do To Make Walking/Wheeling Easier?



GET A WALKING/WHEELING BUDDY

If a friend from school lives en route, consider picking them up along the way.



START A WALKING SCHOOL BUS

Take turns with other families hosting the morning drop-off and walking the kids to school. Sharing the walking commitment can make it easier to manage.



DRIVE TO 5

Too far or not enough time? Park 5 minutes away from the school and walk. It will add some physical activity and minimize traffic around the school.



GET INVOLVED

Talk to your principal and parent council about encouraging active transportation.



DO A PRACTICE WALK

Travel the route together on the weekend and time how long it takes!



How Can Schools Get Involved?

- Promote walking and wheeling to and from school through morning announcements, posters, newsletters, the school's website and social media.
- Connect with parents or older students to lead walking/wheeling groups to and from school (e.g. Walking School Bus or Bicycle Train).
- Support a car-free or idle-free zone around the school.
- Advocate for bike racks at the school.
- Plan walk or wheel to school days (e.g. Movement Mondays, Trekking Tuesdays, etc.).
- Talk with students/parents about the benefits of safely walking and wheeling to and from school (and other places) in class, assemblies and at school events.
- Organize a school yard scavenger hunt or other outdoor physical activities at recess to make sure students who are bussed to and from school (or who cannot walk or wheel) are part of the fun and stay active!



Safety Tips:

1. When crossing a street, cross at a corner, crosswalk, or intersection. If there is a crosswalk button, push it and wait for the traffic to stop. Follow the traffic signals and signs.



2. Always look both ways before crossing any street. Make eye contact with drivers before crossing.



3. Keep looking and listening while you're traveling. Leave your headphones and electronic devices in your bag to stay alert.



HEALTH
DEPARTMENT

Durham Health Connection Line | 1-800-841-2729 or 905-668-2020 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

