



DURHAM  
REGION  
HEALTH  
DEPARTMENT

# How Can My School Promote Active School Travel?

Active transportation is a great way for students to get their recommended 60 minutes of physical activity per day. This can include walking or wheeling (e.g. biking, inline skating, skateboarding and scootering) to get to and from places such as school, parks and community centres.

## How can your school promote active school travel? Here are some ideas:

- Promote walking and wheeling to and from school through morning announcements, posters and banners, newsletters, school website and social media.
  - Invite students and classrooms to make posters about why walking and wheeling to and from school is important to them. Display posters and banners around the school (e.g. at the school entrance, outside the school near drop off zones and in the main office).
  - Visit [durham.ca/schools](http://durham.ca/schools) to access ready-to-use newsletter inserts on a variety of health topics including physical activity and active transportation.
- Talk with students/parents about the benefits of safely walking and wheeling to and from school and other destinations in class and at school assemblies.
- Map out safe routes for walking and wheeling to and from school and share through newsletters and on the school website.
- Organize a walk around the school yard before school starts for students who are bused to and from school.
- Plan walk or wheel to school days once a week or once each month (e.g. Walking/Wheeling Wednesdays, Trekking Tuesdays, Phys. Ed. Fridays or Walk and Roll to School Days).
  - Use a theme to make it fun (e.g. Wild Hat Walking Wednesday)
  - Invite classes to track the number of students walking or wheeling to and from school that day (or walking around the school yard if bused to and from school). The class with the highest participation gets a certificate or trophy.
  - Track the number of kilometers travelled by students walking and wheeling to school and display how far the school has travelled using a map of Canada (e.g. our school has walked/wheeled to P.E.I).
- Provide/advocate for bike racks at the school. Decorate bike racks to make them appealing and spark interest in using them.
- Arrange/advocate for a car free or idle free zone around the school.
- Connect with parents, older students or other community members to lead supervised walks to and from school (e.g. walking school bus or bicycle train).
  - Create an online sign-up sheet to make volunteer sign up easier.
- Visit [ontarioactiveschooltravel.ca](http://ontarioactiveschooltravel.ca) for more active transportation ideas and resources for your school.

For more ideas and/or support with active school travel promotion in your school contact your school's public health nurse at Durham Health Connection Line at 905-666-6241 or 1-800-841-2729.