



Active School Travel Guidelines

Development of active school travel guidelines sends the message that physical activity is important for everyone.

Rationale for Guidelines

- Being active improves academic performance and achievement, resiliency, self-regulation, memory, concentration, self-esteem, and behaviour.
- There is a strong link between children being active at school and continuing to be physically active into adulthood.
- Physical activity helps to lower the risk of heart disease, high blood pressure, type 2 diabetes, osteoporosis and some cancers.
- Students are provided with an opportunity to interrupt their sitting time and get their recommended 60 minutes of physical activity throughout the day.
- Providing opportunities at school for students who may not have as many social or financial resources at home will increase health equity for students allowing them to experience the benefits of physical activity if they do not have access to activities outside of the school setting.

Sample Guidelines

Our school will:

- Provide support to school wide DPA initiatives (e.g. older students lead younger students in an activity after morning announcements every day).
- Include physical activity into all subject areas and/or active living concepts/messages in classroom activities.
- Ensure physical activity resources, equipment (indoor and outdoor) and supports are available to all students, including students with special education needs.
- Offer a wide range of activities that meet the needs, interests and abilities of all students.
- Ensure all teachers are aware of safe practices related to physical activity (e.g. equipment, clothing, shoes).
- Establish an inclusion fund for students who may need financial assistance for school sport and fitness activities which have an associated cost.
- Teachers may identify students who may be limited in participation due to lack of shoes, clothing, or equipment and will access the inclusion fund to assist the student.
- Ensure teachers and students work together when planning and implementing physical activities in the classroom and school.
- Ensure all students are provided with chances to be physically active through intramurals, clubs and interschool programs outside of teaching time.
- Include being active into fundraising efforts (e.g. dance-a-thon).
- Ensure all teachers are aware of and have access to resources that support being active.
- Ensure that being active is not used or withheld as a form of punishment.

For more ideas and/or support with the development of active school travel guidelines or policies contact your school's public health nurse at or call Durham Health Connection Line at 905-668-2020 or 1-800-841-2729.