

## Family Activities

### The Walking School Bus

Parent volunteers take turns walking groups of children to and from school.

### Walk a Block

Parents are encouraged to park their cars safely in a legal parking spot a few blocks from the school then walk the remaining blocks to school with their children.

## Classroom Activities

### Blazing Trails Through the Urban Jungle

This is a classroom mapping activity designed to help children in grade 4 through 6 get to know their local neighbourhood.

## School Zone Activities

### Neighbourhood Walkabout

Parents and school staff are joined by Toronto Transportation Services and Toronto Parking Enforcement Officers to learn about and address traffic and personal safety concerns in the school zone and along travel routes to schools.

### No Idling at School

This is an activity that includes vehicle stickers and information to help schools create Idle Free Zones around their property.



## Want more information about Active & Safe Routes to School?

Contact Toronto Health Connection at 416-338-7600

For more information and ideas...

- **International Walk to School Week (IWALK)**  
[www.iwalktoschool.org](http://www.iwalktoschool.org)
- **Active & Safe Routes to School**  
[www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)

Active & Safe Routes to School was initiated in Toronto in 1996 by Green Communities Canada and is now across Canada. In Toronto, the program is a collaborative effort of Toronto Public Health, Toronto Police Service, Toronto Transportation Services, Toronto District School Board and Toronto Catholic District School Board and Green Communities Canada.



# It's really Cool to Walk to School

## Active & Safe Routes to School

A school-based program for grades K-8 that encourages safe and active travel to and from school.



## Why walk to school?

For many Canadian parents, driving their children to school seems like the safest, most convenient option. Yet our dependency on car travel is linked to increased traffic accidents and greenhouse gas emissions leading to declining air quality and decreased physical activity.

Did you know?

- Less than one-third of Canadian students walk or cycle to school.
- 57% of Canadian youth are so sedentary it is harmful to their health.
- Over 25% of Canadian children and youth are overweight.
- Children are particularly susceptible to the health effects of poor air quality. Cars on the road are a major contributor to air pollution.

Walking to school is...

- good exercise and reduces stress
- a chance to teach good safety skills
- non-polluting
- a great way to meet new friends
- economical
- educational
- a way to make streets safer

**Walk to school: it's fun, it's free!**



## How does the program work?

### A Community Approach

*Active & Safe Routes to School* is a collaborative initiative between families, schools and community. This community approach helps to ensure children's safety when actively traveling to and from school.

Community support for *Active & Safe Routes to School* includes Toronto Public Health, Toronto Transportation Services, Toronto Police Service and Green Communities Canada. Together a "4E"s approach involving Engineering, Enforcement, Education and Encouragement is taken.

- **Engineering:** Toronto Transportation Services investigates traffic and parking conditions on the streets surrounding schools.
- **Enforcement:** Toronto Police Service determines when enforcement needs to be part of the solution to addressing school site traffic and pedestrian safety.
- **Education:** Toronto Public Health staff provide information to students, teachers and parents on the *Active & Safe Routes to School* program as well as support schools in implementing program activities.
- **Encouragement:** Toronto Public Health will provide support to schools in recognizing their achievements in the *Active & Safe Routes to School* program.



*Active & Safe Routes to School* has a number of activities for your school to choose. This way, the program can be tailored to best meet your school's needs.

### School Activities

#### International Walk to School Month or IWALK October

This is the annual premiere event of the *Active & Safe Routes to School* program and takes place at the start of the school year. Schools can choose to promote walking for one day, one week or for the entire month.

#### Cross Canada Challenge

As part of a walk to school program, students calculate and chart on a Walking Across Canada map the kilometers they walk to and from school. The goal is to collect enough kilometers to have walked across Canada by walking to school. Children who are bused to school can participate through a kilometer club or "Walk at School" activity.

#### The IWALK Club

This activity builds on the success of IWALK October and the Cross Canada Challenge and is intended to encourage students and their families to walk to school or at school on a regular basis.

#### Walking, Wheeling Wednesdays

This student activity can be scheduled to take place on a monthly basis or more frequently (weekly, bi-weekly).

#### Walking Buddies

Provides an opportunity for older students (Grade 5 and up) to walk to school, in safety, with their friends.

