

Active School Travel



What is Active School Travel?

Active School Travel (AST) refers to any form of human-powered, non-motorized transportation to get to and from school or the bus stop. This includes walking, biking, scootering, skateboarding, rollerblading, or using a mobility assisted device.

Active School Travel Makes a Difference

Healthier students

Children who walk or bike to school are more physically active. They also report lower levels of stress, less depression and anxiety, and more happiness!

Getting active for the school journey supports healthy brain development and is linked to improved learning and focus in the classroom.

Regularly walking or biking to school helps students build lifelong habits of active and independent mobility.

Safer school zones, healthier communities

Reducing car traffic at bell times creates safer school zones for all students.

Learn more about the Timiskaming Active School Travel Project

In 2019, the Timiskaming Health Unit received funding from [Green Communities Canada](#) and the Government of Ontario to fund initiatives that will improve safety in school zones and get more students active for the school journey.

We are working with elementary schools in New Liskeard, Earleton, Englehart, and Kirkland Lake to make active travel an easy and safe choice for students and families.

We do this by:

- Collaborating with schools, parents, School Boards, municipal staff, and police to identify traffic concerns and brainstorm solutions
- Carrying out traffic observations and safety assessments of the school zone and students’ routes to school
- Offering Bike Rodeos to teach grade 5 and 6 students how to ride their bicycle safely
- Organizing school-wide Walk and Wheel celebrations such as Winter Walk Day (February 5, 2020) and Bike to School Week (May 25-29, 2020)

Resources

[Making the Case for Active School Travel Fact Sheet and References](#)

[Media Release - Active School Travel Project Launched in Timiskaming EN | FR](#)

[Ontario Active School Travel](#)

AST Steering Committee Meeting Agendas

[Agenda - February 13, 2020](#)

For more information, or if you would like to learn how your school can get involved, please contact:

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Like our project [Facebook page](#) for active travel news and successes from schools across the district!

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