

# Active School Travel

Active school travel is a human powered means of getting to and from school. It includes:

- walking/jogging/running;
- cycling;
- in-line skating;
- skateboarding;
- non-mechanized wheelchairing; and
- snowshoeing/skiing.

Active school travel is a great way for children to be physically active, which is associated with improved physical and mental health, while making school zones safer, by reducing traffic volumes at and around schools. For more information on the benefits of active school travel, see [School Travel Planning: Introduction for Parents](#).

## Information for Parents/Guardians

- [Teaching Children to Walk Safely](#)
- [Tips for Walking Through the Seasons](#)
- [Tips to Encourage Safe Backpack Use](#)
- [Remember Your Walk to School Poster](#)
- [Active and Safe Routes to School Infographic](#)
- [Active School Travel Safety Tips](#)

## Information for Schools and Teachers

- [Active School Travel Resource for Educators](#)
- [School Travel Planning Toolkit – A Guide for Facilitators](#)
- [Active and Safe Routes to School Infographic](#)
- [Liability from Active School Travel](#)

# North Grenville Active School Travel Project

North Grenville will receive a major boost with a new project thanks to the Ontario Active School Travel Fund. The “North Grenville Way” project will increase opportunities for sustainable active school travel. The one year initiative will raise awareness for active school travel, develop a community charter, and conduct a professional assessment of walk zones. Visit the following link for more information:

- [North Grenville Receives \\$60 000 Boost for Active School Travel](#)

# Walking School Bus

A Walking School Bus is a group of children walking to school under the supervision of a trained adult leader. Like a yellow school bus, the Walking School Bus follows a fixed and safe route with designated “bus stops” and “pick up times”. Walking to school is not only a convenient and fun way for your child to travel to school with their peers, but it also promotes a healthy and active lifestyle.

