# Walk and Wheel to School

Read the Director of Education's Message
- Benefits of Walking or Wheeling to School (/our-

board/Pages/Administration%20and%20Superintendents/Messages-

From-Director.aspx)

Schools are busy places, especially at the beginning and end of the school day.

Help your students get started on the right foot encourage them to walk or bike to school when possible. Even leaving the car a block or two and walking the rest of the way helps.

It's good for the environment and your health, and teaches your child independence and community awareness.

# Top reasons for students to walk or ride to school

- exercise helps students learn and perform better at school
- fresh air has a positive impact on mood

- cleaner environment for everyone in the community
- builds independence and self-confidence
- community awareness know the neighbours, friends and parents

## Safety tips for walking and riding

- map out and review walking/biking route to school with your child, identify streets and landmarks on the route, review traffic signs and stop sign rules
- when crossing roads always cross at corner, stop and look for traffic
- do not step out in front of parked cars or snow banks without checking for on-coming traffic
- be aware, no listening to music or text/talking on phone while walking or riding
- use sidewalks where possible, walk on the left facing traffic, in single file
- dress appropriately for the weather (waterproof, warm, scarf, hat, mittens etc.)
- wear clothing or carry knapsacks with reflective material that can be seen by car drivers
- bring a change of clothes when walking or riding in inclement weather
- walk with a friend for safety and awareness

### **Additional Resources**

Research on why kids who are active on the way to school perform better

(http://activelivingresearch.org/sites/default/files/ALR\_Brief\_ActiveEducation\_Summer2009.pdf)

# See the environmental impact of walking compared to driving to school (http://www.ischooltravel.org/)

#### **Active & Safe Routes to School**

(http://www.saferoutestoschool.ca/)

#### **Weather-related tips from Halton Region**

(http://www.halton.ca/cms/One.aspx?portalId=8310&pageId=13696)

#### **Every Metre Counts - Walk and Roll Map**

(https://www.everymetrecounts.ca/walk-roll-map/)

#### Contact

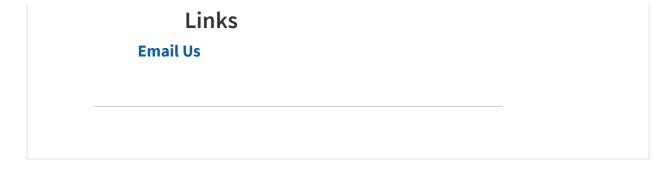
For more information, contact **Suzanne Burwell** (mailto:burwells@hdsb.ca), Environmental Sustainability Coordinator

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