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# Walk and Wheel to School

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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](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**

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