

# THE NEW *HOP!* APP

By EnviroCentre & OSTA



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## Meet *Hop!* the app that makes walking to school fun!

*Hop!* is a bilingual progressive web app that helps make the walk to school or leisure more fun through interactive features. *Hop!* is accessible on a regular internet browser on a phone, tablet, or computer.

### How *Hop!* works

- As students log trips and walk more kilometres, they earn prizes along the way that appears in their Box of Treasures.
- Students can participate in walking challenges throughout the year and earn medals for their level of achievement.
- Teachers can create teams so students can work together with their classmates to travel as many kilometres as possible.

### How can *Hop!* help in the classroom?

#### *Hop!* has been designed with teachers in mind!

Teachers can use the *Hop!* App in their classroom to help support their curriculum in a number of fun and creative ways:

- Geography Studies (Use trip distances as destination points to learn about cities/provinces)
- Math Studies (Calculate distances and learn about conversions and data management)
- Environmental studies (Log trips and measure participant's environmental impact)
- Physical Fitness (Offer digital rewards/incentives for participants to meet goals)



## What can *Hop!* do?

- Encourage Active Transportation
- Reduce vehicle congestion around your school site
- Offer learning opportunities in class
- Create stronger community engagement
- And more!



**OSTA**  
Ottawa Student  
Transportation  
Authority

[www.ottawaschoolbus.ca](http://www.ottawaschoolbus.ca)  
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**Working together as a team to achieve a goal can motivate students to walk more, which is beneficial to their physical and mental health.**

Celebrate your Steps to School in the classroom with *Hop!* [www.123hop.ca](http://www.123hop.ca)

Please find the two documents, attached in English and French, with more details about *Hop!* as well as a parent message that can be distributed to your school communities:

1. [What is Hop! Flyer for distribution](#)
2. [What is Hop! Flyer for distribution \(French\)](#)
3. [For Teachers – Creating a Team on Hop!](#)
4. [For Teachers – Creating a Team on Hop! \(French\)](#)
5. [Hop! Poster](#)

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## Parent Messages for Distribution

### Put a hop in your step and make walking to school fun!

*Hop!* Is a new app that encourages elementary school students in Ottawa to choose walking first. By logging their walks on *Hop!* Children will learn the environmental benefits of walking, and in-app challenges will celebrate their steps and keep them motivated.

*Hop!* Is a free, progressive web-app created by EnviroCentre and OSTA – it can be downloaded and used by anyone!

Click [here](#) to learn more about *Hop!*

Or click [here](#) to download it now and start logging your child's walks: [www.123hop.ca](http://www.123hop.ca)



**Celebrate Your Steps!**

[www.123Hop.ca](http://www.123Hop.ca)



## Social Media Message

👉 Check out Hop! a new app that makes walking to school fun! Encouraging students to walk to school is important because:

📍 It makes our roads and schools safer

🌿 It reduces air pollution

👤 It forms healthy habits  
Learn more about Hop! Here:

<https://bit.ly/3E0PKiw>

This project is made possible through the financial support from Green Communities Canada and the Government of Ontario.

