

School Active Transportation Program

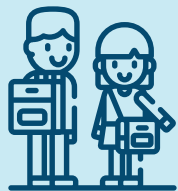


Goals of program

- ✓ Increase the number of students walking and wheeling to school regularly
- ✓ Calm and reduce the traffic in and around the school during bell times

How we do this...

- ✓ Learn skills with Walk Safe workshops & Bike Rodeos
- ✓ Celebrate with Walk to School Days
- ✓ Request enforcement & engineering improvements
- ✓ Share regular tips, maps, and other information
- ✓ Set targets and evaluate



Talk to your principal if you would like to help at the school or visit envirocentre.ca for tips to get started and sign-up for the School Active Transportation newsletter.



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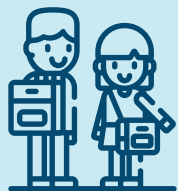


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Tips for Parents

- ★ Set a family goal together. Let kids identify motivations for walking and wheeling to school!
- ★ Keep track on your family calendar.
- ★ Test your route on the weekend. Explain safety tips & time your route.
- ★ Find the best routes using the Walk Zone maps at **Ottawaschoolbus.ca**.
- ★ Get kids involved – have them pack their bags and lay-out clothes the night before.
- ★ Plan ahead - set out a healthy breakfast and pack your lunch the night before.
- ★ Have your children get ready without technology.
- ★ Take turns walking the kids to school – alternate days with other family members and neighbours.
- ★ Make your coffee at home to share more time with your child walking instead of sitting in a drive-thru.
- ★ Park away from the school and Walk-a-Block.
- ★ Enroll your family in a cycling education course contact **cycling@ottawa.ca**.



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