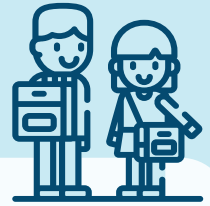


# School Active Transportation

A check-list for stepping it up!



## Connect with your School Health Nurse



For ongoing support and active transportation resources. Follow [Ottawa Public Health](#) on Twitter for more tips! Check out their [Parenting in Ottawa](#) Facebook Page.

## Teach Safety Skills



Book [pedestrian safety workshops](#): e-mail [pedsafety@ottawasafetycouncil.ca](mailto:pedsafety@ottawasafetycouncil.ca)  
Book [cycling safety workshops \(bike rodeo\)](#): e-mail [cycling@ottawa.ca](mailto:cycling@ottawa.ca)

## Celebrate Annual Events



iWalk Day in October, Winter Walk Day in February, and Bike to School Week in May! Or, create your own event! Earth Day is a great tie-in.

## Empower Students



Check out the [CAA School Safety Patrol Program](#), or become an [EcoSchool!](#)



## Encourage Parents



Share active transportation messages. Include [OSTA's Walking Route Maps](#) in newsletters and on social media. Subscribe to and share the [Ottawa School Active Transportation newsletter!](#)

## Start a Walk-A-Block Campaign



Create a map that shows a 5-minute walk radius. Encourage families to park and walk the last few blocks to school!

## Taking it to the next level!

### Walking & Wheeling Wednesdays

Start small. Encourage walking and wheeling one day a week.

Make it a part of your school culture.

### Walking Clubs

Start a school club with a walking goal!

Find a teacher to lead the club.



### Walking Field Trips

Travel to and from field trip destinations on foot!

Walking is fun, easy, and inexpensive. Students can learn about their community.