

THE

SCOOP

ON ACTIVE SCHOOL TRAVEL



ROAD SAFETY SKILLS: HALLOWE'EN IS MORE THAN COSTUMES AND CANDY

Hallowe'en is many things to many people. For those championing active school travel, it provides a great opportunity to practise road safety skills. Our friends at [AMA Alberta](#) offer this advice:

See and Be Seen

- When crossing a road, be predictable and smart. Use intersections and designated crosswalks when possible and always look all ways to make sure vehicles have stopped completely before crossing;
- Travel in groups as there is safety in numbers;
- When the sun goes down, be visible. Wear light-coloured and reflective clothing, and carry a flashlight or glow-stick.

Be a Safe Pedestrian

- Use Point, Pause, Proceed when crossing at crosswalks or crossing corner to corner;
- Stay on the sidewalk and walking path.

Driver Diligence

- Avoid in-vehicle distractions such as cell phones;
- Watch for excited children dashing about;
- Follow the rules of the road: reduce speeds and stop at crosswalks



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Content to share on your social media platforms including links to videos, resources and more!

AMA SAFETY PATROL AT YOUR SCHOOL

Children get to school in a lot of different ways – by car, bus, bike, scooter, and on foot, to name a few. The AMA Safety Patrol Program helps students and families navigate school and playground zones safely by guiding pedestrians safely across school crosswalks and providing a visual reminder to motorists about the importance of school zone safety. Through this leadership opportunity, volunteer patrollers provide a service that not only improves safety but also increases the confidence of families to permit children to travel actively and independently, once sound pedestrian skills are evident.

How can school communities support patrollers? If you are driving or cycling on the road, obey speed limits in school and playground zones, watch for patroller stop signs, and give them lots of space. If you are walking or walking your wheels across the road, cross at patrolled crosswalks and respect their directions. Keep your eyes open for these amazing student volunteers and support them as they work diligently to keep crosswalks safe across Alberta. It's always better when we work together.

If your school is interested in signing up for **AMA Patrol**, school administrators can start the pre-registration process by contacting schoolpatrol@ama.ab.ca or by phone at **780-430-5744**.



Social Media Buzz

Safety is everyone's responsibility. Be mindful that we are sharing the road with young walkers and wheelers.

Use caution in school zones. We can all work together to ensure safety of drivers, school buses, walkers and wheelers.

Be patient with other vehicles stopped for pedestrians. Always stop for patrollers and crossing guards.



Featured Soundbites

- Serious Safety with AMA Patrollers
- Halloween Safety Tips
- Get Kids Out - AMA Patrol
- Get Kids Out - Point, Pause, Proceed
- Healthy Schools Certification - What Does the Healthy Schools Approach Really Mean?

Healthy Schools Certification

4 STEP PROCESS



HEALTHY SCHOOLS CERTIFICATION

Has your school community previously participated in an Active School Travel project and is looking for ways to sustain that momentum? Healthy Schools Certification (HSC) is a terrific option for schools just like yours! HSC gives your school the tools to promote and enhance the health and well-being of students, school staff, and the broader school community.

HSC is guided by the following goals:

- To support schools that want to enhance the health and well-being of their students and staff;
- To increase student engagement and leadership opportunities to support health and well-being at school;
- To increase adult engagement in prioritizing health and well-being at school;
- To strengthen community engagement and partnerships.

To learn more about the Healthy Schools Certification Program, please review the **Healthy Schools Certification Guidebook**. Congratulations to all the **2022-2023 Healthy Schools Certification certified schools**.



Ever Active Schools
www.everactive.org