

THE

SCOOP

ON ACTIVE SCHOOL TRAVEL



PARK & WALK 5 (OR MORE!) MINUTES TO SCHOOL

Park and Walk locations help alleviate congestion around your school site during drop off and pick up times and give your students the added opportunity to walk, connect with friends, and enjoy the outdoors before they start their school day.

The concept is straightforward: encourage families to drop off and pick up children at a safe location, about 5 to 10 minutes away from the school. The best Park and Walk locations boast ample parking with access to safe walking routes that include sidewalks, pathways, and crosswalks that lead directly to the school site. Families can decide on their own Park and Walk location and route or the school can propose options.

Establishing Park and Walk locations at your school:

- Locate a park, parking lot, or pathway within walking distance of the school. Work with your community if using a shared space.
- Map a safe route to the school from the area. If road crossings are involved in the safe route, provide pedestrian safety education for students, such as Point Pause Proceed.
- Promote these locations to your school community by hosting a kick off event. Track participation.
- Make changes as needed. You can expand your efforts to include a **Walking Buddies Program** or enlist volunteers to lead a walking school bus.



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

SCHOOL BUS TIPS FOR FAMILIES



Another safe and more environmentally sustainable way to travel to school is by yellow school bus, if eligible. Congregated stops allow students to gather at one stop to take the bus to their dedicated school. This system improves service efficiency and brings students who live in nearby communities together. These stops provide students with the opportunity to experience 'trip chaining', to increase rates of daily physical activity, and to connect with those who are sharing the walk with them to their stop.

Tips to support families who choose to use the yellow school bus service:

- Register for yellow school bus service for the following year BEFORE the deadline. Congregated stop locations are selected using registration information: the more students registered from one neighbourhood, the more likely a stop will be located there.
- Know your bus stop location, the safest route to travel there, as well as bus pick up and drop off times.
- Remember to practise pedestrian safety when traveling to and from your stop: be predictable (cross at crosswalks and road intersections), be visible (wear brightly coloured and reflective clothing), and be alert.
- Arrive 5 minutes before the pick up time, stand a safe distance from the road, and wait for the bus to come to a full stop and its doors to open before approaching.
- Get on the bus one person at a time, remain in your seat, keep your voice at a normal level, and listen to the driver.
- Wait till the bus comes to a full stop before standing up to exit.

Social Media Buzz

If you drive to school, park farther away and walk for 5-10 minutes. This action makes school zones less congested and safer for everyone.

Respect areas that are reserved for school buses. Park in areas designated for private vehicles.

Traveling actively for school trips - even partway - benefits the physical, mental, and social health of students. Healthier students learn better.



Soundbites featuring #getkidsout

- Park and Walk
- Point Pause Proceed
- School Bus Safety

BONUS - Why Did Kids Stop Walking to School (Uytaa Lee)



2022 Children & Youth Report Card



PARTICIPACTION

Active Transportation



46% of parents indicated that their children either solely commute actively to school or commute partially in an active way.⁵



BikeWalkRoll



How does your school community compare? Are you above or below the national average?

Register your school with **BikeWalkRoll** and start tracking today!



Ever Active Schools
www.everactive.org