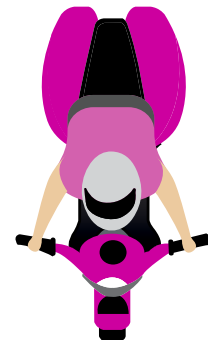
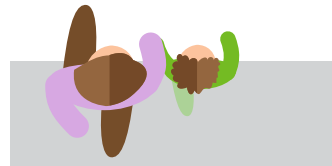


ACTIVE AND SAFE ROUTES TO SCHOOL

Teacher's Kit



“Active and Safe Routes to School Teacher’s Kit”

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INTRODUCTION

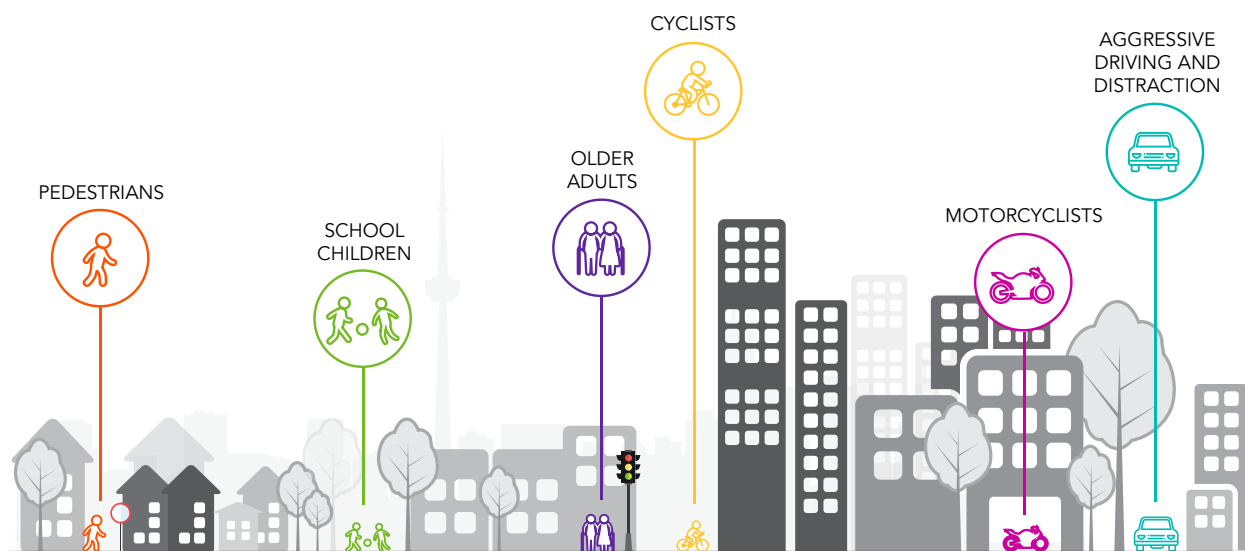
- City of Toronto Vision Zero Road Safety Plan
- Why Active School Travel?
- Steps to Success: The 5 Es of Active School Travel



CITY OF TORONTO VISION ZERO ROAD SAFETY PLAN

Toronto's Vision Zero Road Safety Plan is a five year action plan to eliminate traffic-related deaths and serious injuries on City of Toronto roads. The City is committed to Vision Zero and supports its fundamental message: fatalities and serious injuries on our roads are preventable, and we must strive to reduce traffic-related deaths and injuries to ZERO.

The Vision Zero Road Safety Plan is a comprehensive plan that includes more than 45 new and enhanced engineering, education, enforcement, evaluation, engagement and technology safety countermeasures associated with six emphasis areas. This includes pedestrians, school children, older adults, cyclists, motorcyclists, and aggressive driving and distraction.



School Safety Zones

As part of the Vision Zero Road Safety Plan, School Safety Zones are being implemented to increase safety for children and parents travelling to and from school. The objectives of School Safety Zones are to:

- increase conspicuity of school areas, achieve consistency in signage and pavement markings and improve

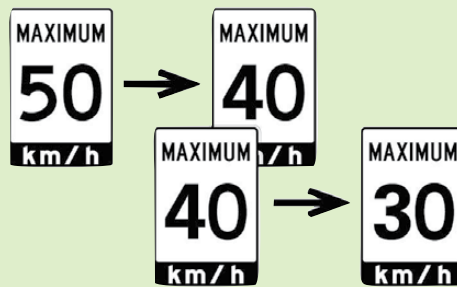
recognition of school area limits;

- reduce speeds and create a safer road environment for vulnerable road users; and
- support active transportation.

School Safety Zones include a combination of the following gateway features. Have you noticed any of these around your school?



School Safety Zone Signs with Flashing Beacon



Speed Reductions (where applicable)



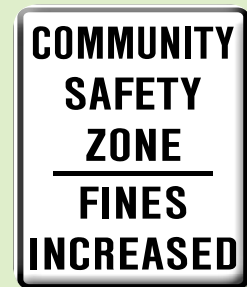
Watch Your Speed Driver Feedback Signs



School Stencil Pavement Markings



Enhanced Pedestrian Crosswalk Markings



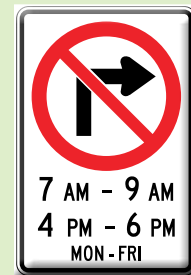
Designation as Community Safety Zones



Increased Pedestrian Walk Times and Advanced Green for Pedestrians (where applicable)



Flexible In-Road Warning Signs



Prohibited Turn Movements (where applicable)

WHY ACTIVE SCHOOL TRAVEL?

Active transportation is defined as:

- Non-motorized travel, including walking, cycling, scootering and movements with mobility devices.

Active school travel (AST) is defined as:

- Active transportation used for the journey to and from school.

Active transportation, including active school travel, is a great way to get outside and integrate physical activity into your daily routine. It also helps make the streets around schools safer by reducing traffic congestion – so it's good for you and for your community.

There are many reasons we should encourage, support and educate our students to use active school travel.

Benefits of Active School Travel

Healthier children

- Healthy physical development
- Mental health

Better academic performance

- Increased alertness and attentiveness in class

Less traffic and pollution

- Reduced exposure to risk of collisions
- Better air quality

Safer school zones, healthier communities

- Enhanced safety, connectivity and quality of life for the community as a whole

The Costs of Traffic Congestion

Reduced safety

- Too many cars can lead to driver frustration and dangerous driver behaviours
- Children's behaviours can be unpredictable, and congestion can make it harder for drivers to see children

Degraded local air quality

- Children experience the negative impacts of air pollution at lower concentrations compared to adults

Impacts on community

- Can alienate us from our neighbours: when we are in our cars, it can feel like everyone else is in our way, when we don't have the opportunity to socialize and meet others

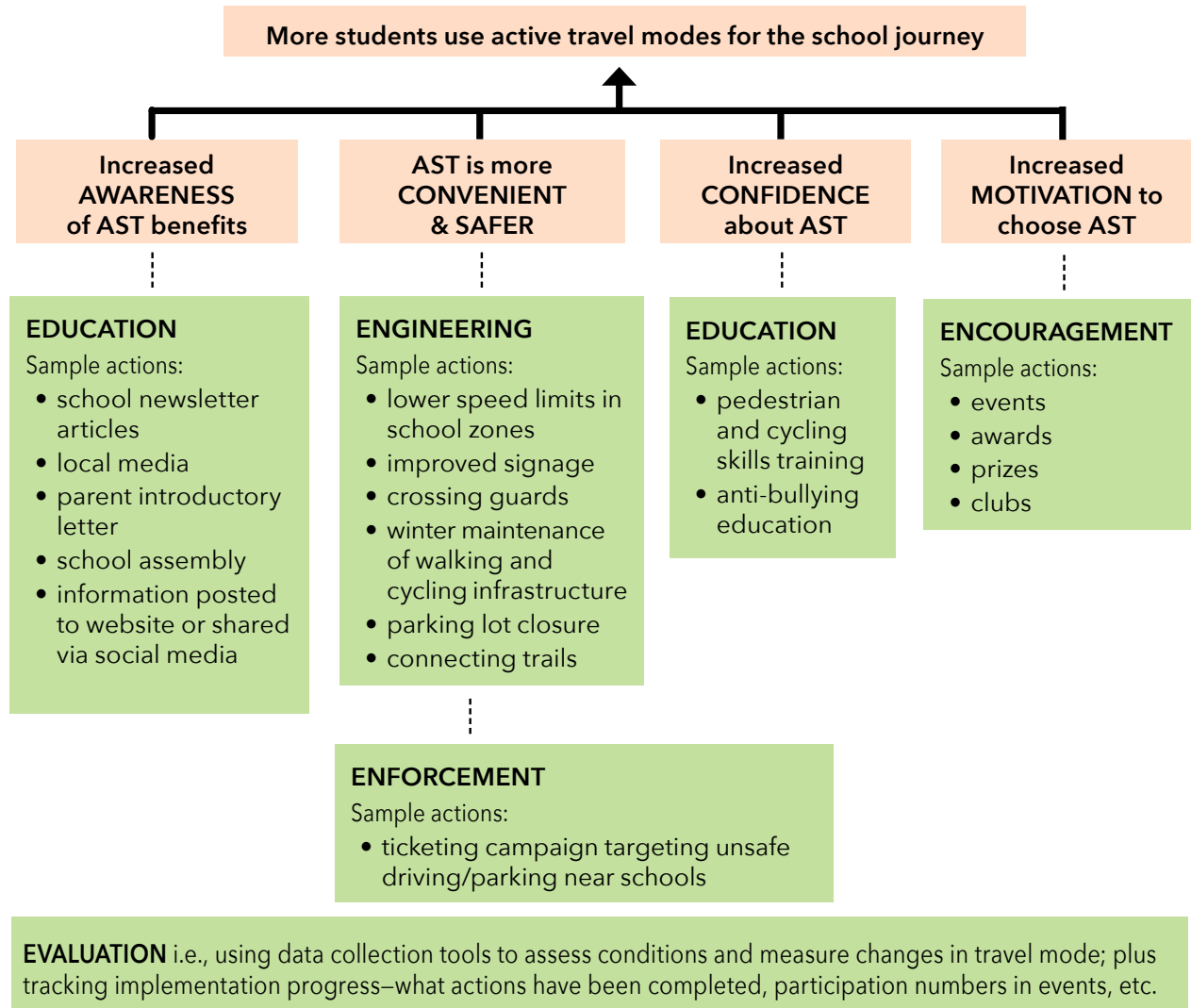
Opportunity costs

- Children miss out on physical activity, mental stimulation and mental health benefits of active time outdoors, as well as opportunities to socialize and develop independence



STEPS TO SUCCESS: THE 5 Es OF ACTIVE SCHOOL TRAVEL

Compared to previous generations, fewer students are walking and cycling to school, and more are being driven. This trend is associated with rising health, environmental and safety concerns. Promoting active school travel (AST) requires a holistic approach, which we call “the 5 Es”: Education, Engineering, Encouragement, Enforcement and Evaluation.



Source: Green Communities Canada (2018). The Canadian STP Toolkit: Guide for Regional Stakeholders. Available online at <http://ontarioactiveschooltravel.ca>.

Through Vision Zero, the City of Toronto is working hard to engineer better built environments and to work with Toronto Police Service to enforce dangerous driver behaviours toward improving safety for school children. These are being guided by a data-driven approach to evaluate the sites in highest need and where the highest impact can be seen and felt.

School communities, including teachers, can play an important role in education and encouragement. This kit will focus on these pieces. It will also show you some simple and engaging evaluation activities you can do with your students to help guide and support your education and encouragement efforts.

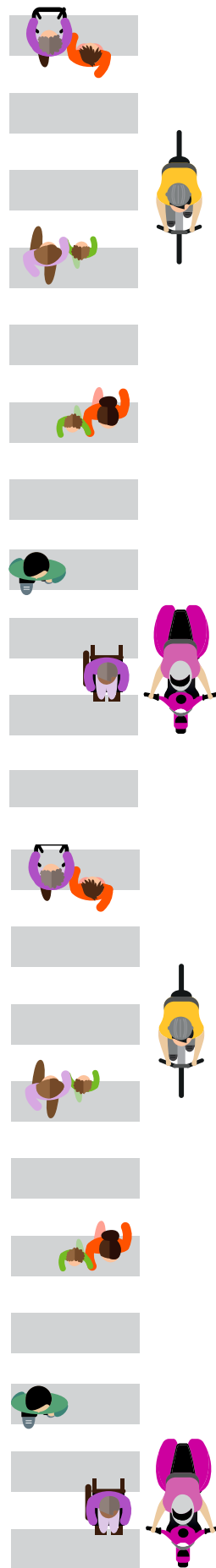
RESOURCES FOR THE CLASSROOM: UNIT AND LESSON PLANS

Culture change begins in the classroom. The things we teach our students at school can translate into changes at home, and eventually, in the community at large.

There are a wide variety of resources available for teachers to help you integrate learning about active and safe school travel into your classroom teaching; but finding the ones that work for you and your classroom can be difficult.

Here we share with you some of our favourites.

- **Summary of Lesson Plans for Grades K to 8**
- **Ready-to-Go Units and Lesson Plans**
- **Ideas to Create Your Own Lesson Plans**
- **Supplementary Resources**



SUMMARY OF LESSON PLANS FOR GRADES K TO 8

Curriculum Area	Resource	Grade(s) Targeted
Science and Technology 	Smart Commute: Active and Sustainable School Travel Lesson Plans	Grade 1
	Ontario EcoSchools: Active Transportation Campaign Kit	Grades K to 3
	Planet Protector Academy: Keep Cool Program	Grades 2 to 6
Mathematics 	Smart Commute: Active and Sustainable School Travel Lesson Plans	Grade 1
	Ontario EcoSchools: Active Transportation Campaign Kit	Grades 4 to 8
	Ontario Active School Travel: Student Travel Survey , <i>STP Toolkit, Phase 2: Assess Conditions</i>	Grades 1 to 8
Language 	Smart Commute: Active and Sustainable School Travel Lesson Plans	Grades 1 and 5
	CAA South Central Ontario: Road Safety for Ontario Youth	Grades K to 6
	Metrolinx: Stepping it Up Project	Grades 4 to 8
	Ontario EcoSchools: Active Transportation Campaign Kit	Grades 4 to 8
	Planet Protector Academy: Keep Cool Program	Grades 2 to 6
	Ontario Active School Travel: Making the Case for Active School Travel	Grades 7 and 8
	Ontario Active School Travel: Traffic Observation and Count , <i>STP Toolkit, Phase 2: Assess Conditions</i>	Grades 4 to 8
	The Centre for Active Transportation: Guide to Safer Streets Near Schools	Grades 4 to 8
	Ontario Active School Travel: Student Travel Survey , <i>STP Toolkit, Phase 2: Assess Conditions</i>	Grades 4 to 8
	Ontario Active School Travel: I-Spy Cards	Grades K to 4

SUMMARY OF LESSON PLANS FOR GRADES K TO 8 , continued

Curriculum Area	Resource	Grade(s) Targeted
Social Studies, History and Geography 	Smart Commute: Active and Sustainable School Travel Lesson Plans	Grade 5
	Metrolinx: Stepping it Up Project	Grades 4 to 8
	Ontario EcoSchools: Active Transportation Campaign Kit	Grades 4 to 8
	Planet Protector Academy: Keep Cool Program	Grades 2 to 6
	Ecology Action Centre: School Travel Planning	Grades 4 to 8
	Ontario Active School Travel: Traffic Observation and Count, STP Toolkit, Phase 2: Assess Conditions	Grades 4 to 8
	The Centre for Active Transportation: Guide to Safer Streets Near Schools	Grades 4 to 8
	Ontario Active School Travel: I-Spy Cards	Grades K to 4
Health & Physical Education 	CAA South Central Ontario: Road Safety for Ontario's Youth	Grades K to 6
	Metrolinx: Stepping it Up Project	Grades 4 to 8
The Arts 	CAA South Central Ontario: Road Safety for Ontario's Youth	Grades K to 6
	Metrolinx: Stepping it Up Project	Grades 4 to 8
	Planet Protector Academy: Keep Cool Program	Grades 2 to 6



READY-TO-GO UNITS AND LESSON PLANS

Smart Commute: Active and Sustainable School Travel Lesson Plans

Grade	Curriculum Links	Lessons	Goal	Description
Grade 1		• Matter & Energy • Life Systems • Data Management/Probability • Media Literacy	Be responsible for the way in which we use energy	Entire units, complete with detailed lesson plans, activity sheets and more. A Grade 9 cycling education unit as part of Health and Physical Education Curriculum, can potentially be adapted for younger students.
	Science and Technology			
	Mathematics			
	Language			
Grade 5		People and Environments (four lessons)	Understand Canadians' rights and responsibilities and how governments work	
	Language			
	Social Studies, History and Geography			

CAA South Central Ontario: Road Safety for Ontario Youth

Grades K to 3		• Traffic Signs • Pedestrian Safety • Bicycle Safety	To teach and promote road safety	Lesson plans on road safety; includes sample achievement charts or rubrics to make it easy to evaluate learning.
	Language			
	Health and Physical Education			
Grades 4 to 6		• Bike, Blade and Board Safety • Vehicle Safety • Pedestrian Safety		
	Language			
	Health and Physical Education			
	The Arts			
Grades 7 to 8		• Technology and Transportation • Transportation and Safety		
	Language			
	Health and Physical Education			

Ontario Ecoschools: Active Transportation Campaign Kit

Grade	Curriculum Links	Lessons	Goal	Description
Grades K to 3		Fossil Fuels and the Atmosphere	Teach students how active transportation is related to climate change and the environment	A campaign kit for organizing a school-wide active transportation campaign. Includes a series of related lesson plans, as well as explicit links to how these lesson plans/activities can be put towards your school's Ontario EcoSchools' certification.
	Science and Technology			
	Language			
Grades 4 to 8		2 lessons about planning for different travel modes (cycling, driving) on city streets		
	Mathematics			
	Social Studies, History and Geography			
	Language			

Planet Protector Academy: Keep Cool Program

Grade	Curriculum Links	Lessons	Goal	Description
Grades 2 to 6			Inspires kids to become climate action superheroes and to change their families' energy and transportation habits.	An engaging, curriculum-linked digital classroom resource about environmental issues. This resource does not come with lesson plans, but it does provide links to how the videos and activities can align with the Ontario curriculum.
	Science and Technology			
	Social Studies, History and Geography			
	Language			
	The Arts			

Metrolinx: Stepping it Up Project

Grades 4 to 8		5 activities: • Drama • Media literacy • Social Studies, History and Geography • Health and Physical Education • Language	Promote walking to school	A fun, motivational video about walking to school and benefits. The Teacher's Guide helps extend students' learning from the video with five activities to help your class investigate local factors that are influencing the walk to your school.
	The Arts			
	Social Studies, History and Geography			
	Health and Physical Education			
	Language			

IDEAS TO CREATE YOUR OWN LESSON PLANS

Curriculum Links	Grade	Goal	Resource
Create a Routes to School Map Creating a Routes to School Map identifying popular walking routes to school can help motivate families to choose active transportation. The process of creating the map itself can be a great engagement and learning opportunity for students.			
Social Studies, History and Geography	Grades 4 to 8	Motivate families to choose active transportation	For inspiration, see this example from the Ecology Action Centre.

Hold a debate Hold a classroom or school-wide debate about the best way to travel to school, considering: reducing traffic congestion, safety for all road users, convenience, and the environment. Have students practice arguing both for and against active school travel to gain an appreciation of the complex reasons around why we make the travel choices we do. For inspiration, see the Green Communities Canada Fact Sheet that contains facts about the benefits of walking and other forms of active school travel, why falling rates of active school travel are an urgent problem, and solutions that work to improve rates of active transportation to/from school.			
Language	Grades 7 and 8	Making the case for active school travel	Ontario Active School Travel: Making the Case for Active School Travel Fact Sheet and Reference List



Curriculum Links	Grade	Resources
Engage students in a leadership project around active school travel Students can be encouraged to think about the design of their streets and what would make them safer. - Students can use the Green Communities Canada Traffic Count and Observation Tool or the CounterPoint App to conduct traffic counts and observe the driving/walking/cycling behaviour of people around your school. A class or student club could do this first thing in the morning at a particular intersection to help make the case for traffic calming or other changes you're working towards. - Students can share their views, stories, and ideas in letters to their Ward Councillor, Toronto Police Service, and/or Transportation Services. They can draw pictures of their own vision for the neighbourhood, or take pictures of their existing neighbourhood and identify the positive and negative features. - Students can use The Centre for Active Transportation Guide to Safer Streets Near Schools to learn about engineering options for making street designs safer for active school travel. (Tip: A hard copy of this resource was delivered to all Toronto elementary and middle schools in 2017; ask at your office about borrowing this resource.) - If speeding is an issue in your school neighbourhood, you may want to consider linking this with a "Fake Ticket" Event (see next activity idea). Alternatively, you may also wish to do this as part of an extracurricular activity as part of a peer leadership group, jointly led by a teacher and your school's public health nurse.		
Social Studies, History and Geography	Grades 4 to 8	Ontario Active School Travel: Traffic Observation Instructions and Form, STP Toolkit, Phase 2: Assess Conditions Counterpoint app The Centre for Active Transportation: Guide to Safer Streets Near Schools
Language		



Curriculum Links	Grade	Resources
Engage students in enforcement of dangerous driver behaviours with your local police division Officers from your local police division can come out to run a “Fake Ticket” event at your school. This consists of a class or group of student leaders working with police officers to catch speeding drivers in the school zone around their school. Students take turns operating the speed radar gun. When a speeder is identified, the police will pull over that driver and give the driver the choice between a ticket or hearing a short speech from a student about the dangers of speeding. Your local police division can bring a prepared speech, or you can work with students in your class to help write the speech they will deliver to drivers. You may also want to consider linking this with a Leadership Project whereby students use their observations from the event to advocate for action to make their school zone safer (see previous activity idea).		
Social Studies, History and Geography Language	Grades 4 to 6	Find your local Toronto police division

Conduct school travel surveys and manipulate the data Have students conduct a School Travel Survey among their peers to see how many students currently travel by various travel modes. Once the data has been collected, students can graph the data and/or practice presenting the data in a variety of other creative ways. • Conduct a paper and pencil survey using the Green Communities Canada Student Travel Survey or conduct the survey using the BikeWalkRoll App • Engage students in coming up with additional questions to add to their survey (e.g. around reasons their peers choose the travel modes they do) The results from your student survey can lead to brainstorming around possible solutions to increase (or maintain already high rates) of active school travel.		
Mathematics Language	Grades 1 to 8	Ontario Active School Travel: Student Travel Survey, STP Toolkit, Phase 2: Assess Conditions BikeWalkRoll App

Curriculum Links	Grade	Resources
Do a Neighbourhood Scavenger Hunt Take students out into the neighbourhood on a scavenger hunt for things they can find around the school, and encourage them to look for these things when they walk to school. Use one of the Ontario Active School Travel I-Spy cards below, or create your own together with your class. If you note there are certain things that cannot be found in the neighbourhood around your school, use this as a jumping-off point for discussion with students. This can also be a great activity for achieving your Daily Physical Activity (DPA) requirements.		
Social Studies, History and Geography Language	Grades K to 4	School Safety Zone I-Spy Card Winter I-Spy Card Spring I-Spy Card IWALK I-Spy Card

Invite a Guest Speaker to present to your class about pedestrian safety Your local Toronto police division may be able to offer school-based pedestrian or traffic safety presentations and workshops for free. Contact the Community Response Unit Manager from your local police division, or call 416-808-2222, to find out more.			
Health and Physical Education	Grades 1 to 8	Find your local Toronto police division	



SUPPLEMENTARY RESOURCES

Resource Type	Resource	Description
Online videos: Cycling Safety and Education	CAN-Bike: Videos	CAN-BIKE, Canada's national cycling education program has created a series of sometimes quirky and always informative videos for students to teach about all things cycling-related, from helmet safety to bike traffic skills to bike handling skills.
	Toronto Police Service: Helmet Safety Video	This YouTube video demonstrates the "2V1" rule for proper helmet use.
	Peel District School Board: Cycling Promotion Videos: Safety is Everyone's Responsibility Get Fit! Academic Benefits	This series of videos covers a series of different topics related to cycling promotion, from cycling safety to fitness and academic benefits of cycling.
	Active Transportation Alliance: Learn the ABC Quick Check!	This video covers the basics of how to know that your bike is roadworthy before heading out for a ride.
Online videos: Pedestrian Safety and Education	The London-Middlesex Road Safety Committee: Tony The Streetwise Cat Crossing Safely at Pedestrian Crossovers Crossing Safely at Traffic Lights	This mini series of stop-motion LEGO videos conveys how to cross the street safely at different types of traffic signals.



	Resource	Resource Title
Print and Online Pedestrian, Cycling and Driver Safety Fact and Tip Sheets	City of Toronto: Vision Zero Brochures	Includes downloadable brochures on road safety information for: Pedestrians (general) School Children (all travel modes) Cyclists (general)
	Green Communities Canada: Fact Sheets	Includes downloadable fact sheets about: Pedestrian Safety Tips for Parents and Children Children's Perceptions of Traffic Speed Awareness Driver Safety Awareness
	Parachute Canada: Resources	Includes downloadable resources about: Helmet Safety Pedestrian Safety Cycling Tips for Parents Driving and Road Safety
	Canada Safety Council: Elmer the Safety Elephant	Interactive safety village, printable active transportation colouring pages and games

Other available school resources:

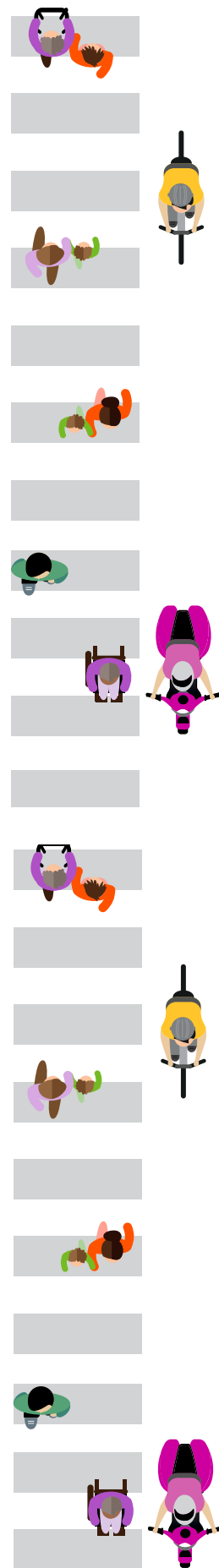
Did you know every school in Toronto is assigned a Public Health Nurse? Contact your school's Public Health Nurse for additional electronic and print resources you can use in the classroom or call Toronto Public Health at 416-338-7600 for more information.



RESOURCES FOR EXTRACURRICULAR PROGRAMS

Outside of the classroom, there are many great ways to integrate learning about active and safe school travel. One starting point for creating a school culture of walking and cycling to school is by nurturing the interests and ideas of students, and by supporting them as peer leaders, through extracurricular activities.

- Extracurricular Activities
- Ideas for School Events



EXTRACURRICULAR ACTIVITIES

Your school may already have a number of existing student teams and special interest clubs whose activities and interests may overlap with the messaging you are trying to promote around active school travel.

For example:

- **Health, Mental Health and Well-Being:**

- ◊ A mental health awareness group working with your Public Health Nurse might share messages about active school travel being good for your mental health;
- ◊ Your school's Safe and Caring Schools Committee might include student leaders who can speak to issues around active school travel;
- ◊ You can volunteer as a teacher lead, and bring student leaders on board as well, as part of another existing program at your school, such as Into Kids' Health or School Travel Planning/School Traffic Management.

- **The Environment:**

- ◊ An environment club (e.g. your school's EcoTeam) might create

posters and advertisements to put out around the school explaining why active school travel is good for the environment.

- **Student Safety:**

- ◊ Student patrollers in **CAA's School Safety Patrol Program** can act as ambassadors to promote safety messaging to their peers. (**Tip:** If your school is not already involved in this program, it is well worth checking out! Students are trained as student leaders, either helping pedestrians safely cross the street, or volunteering as bus patrollers.)

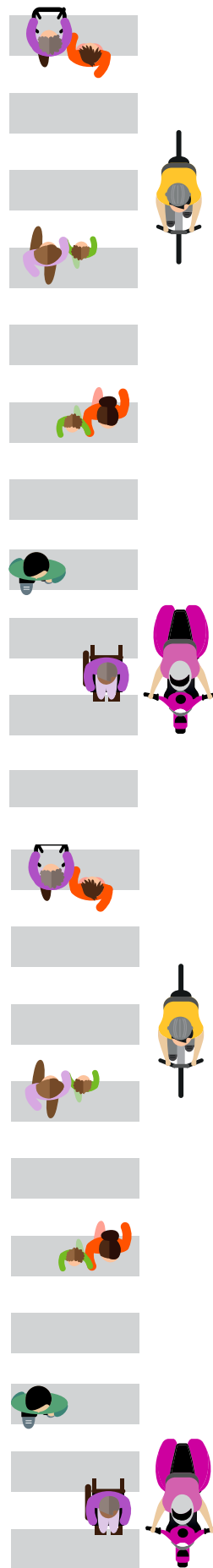
Or, you might decide to partner to start up a **Peer Leadership Group**, whereby the students themselves come up with the purpose and direction of the group based on a key active school travel issue facing the school. Toronto schools can contact their school's Public Health Nurse for support in setting up a Peer Leadership Group, or contact Toronto Public Health at 416-338-7600 for more information.

IDEAS FOR SCHOOL EVENTS

When	Event	Description
October	International Walk to School Month (IWALK)	Annual celebration of active transportation taking place around the world. Hundreds of Ontario schools hold their own events on IWALK Day, the first Wednesday of October.
February	Winter Walk Day	Annual celebration by schools across Canada on the first Wednesday of February.
April	Spring into Spring	Welcome Spring and celebrate walking and wheeling in the community! A Spring into Spring event can be linked with environmental celebrations during April such as National Wildlife Week and Earth Day (22 April).
May	Bike to School Week	Schools across Ontario celebrate Bike to School Week in the last week of May.
Any day	Communications Campaign	Have students create posters, social media and newsletter content, and announcements tied to any active school travel promotion event described above. See the “Samples for Inspiration” section of this Toolkit .
Any day	Greening Tree	Create a tree in your school foyer or other common area. It is a fun and highly visual way to demonstrate active school travel rates at your school. Change the tree leaves according to the season: fall colours, winter snowflakes, spring cherry blossoms, and summer green.
Any day	iwalk-iwheel club	The iwalk-iwheel club is an Ontario program to equip teachers and their students to promote and celebrate active school travel year-round.
Any day	Active School Travel Promotion	Ontario EcoSchools has created the Active Transportation Campaign Kit for organizing a school-wide active transportation campaign.
Any day	Road Safety Promotion	CAA has Community Engagement Kits for creating a campaign related to road safety.

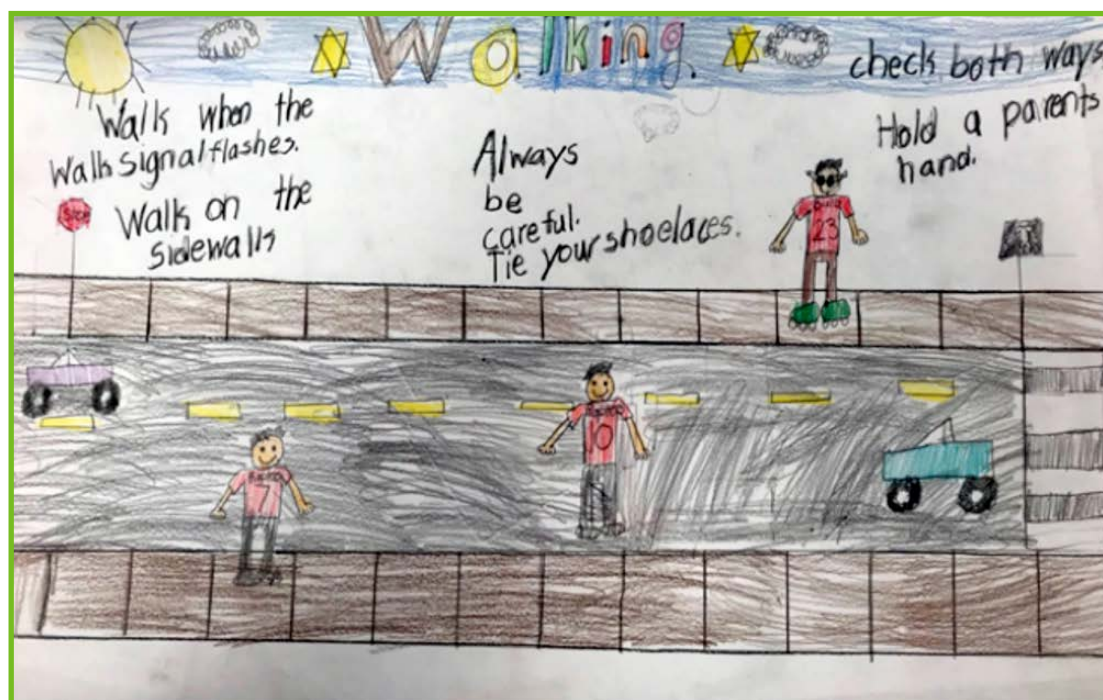
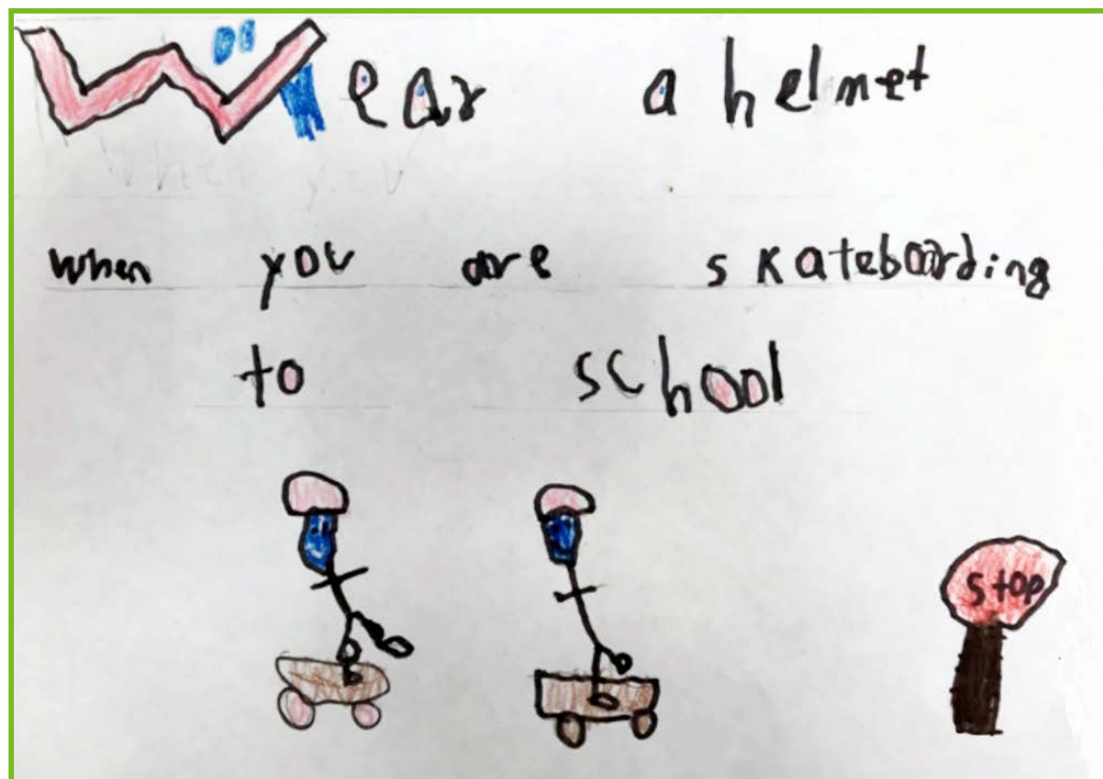
SAMPLES FOR INSPIRATION

- Sample Posters
- Sample Tweets
- Sample PA Announcements
- Sample Newsletter Articles



SAMPLE POSTERS

Example 1



Active school travel safety posters created by students as part of a classroom activity at Humberwood Downs Junior Middle Academy in northwest Toronto.

Example 2



Pedestrian safety poster created by an elementary school student at Thorncliffe Park Public School, as part of an art and writing contest for students in the "Be Smart, Walk Safe" pedestrian safety campaign in Flemingdon and Thorncliffe Park.

Example 3

Want A Better Way to Get to School?

Walking/cycling/taking the TTC are good for the environment.

- Driving to school creates 7 times more greenhouse gas emissions than taking transit.
- Vehicles contribute to about 30% of total greenhouse gas emissions in Canada. By walking or cycling you contribute 0%.
- For every 15km of driving you avoid, that's 4kg of CO₂ emissions that don't go into the atmosphere.





**Be good to the environment.
Walk it. Bike it. Take the TTC.**

If you are interested in joining the FHCI Community Transit Committee, we meet every Monday at lunch time in Room 231.



Poster created by high school students at Forest Hill Collegiate Institute, using the free online software Piktochart, as part of a student leadership project.

SAMPLE TWEETS

Tip: Remove the hashtags, and these will make great PA announcements or short, snappy pieces to add to your school newsletter, as well!

Promotion for Active School Travel Events

IWALK Day: Come celebrate walking and wheeling to school this October! Be part of IWALK Day at <name of school> on <date of event> #walktoschool

Winter Walk Day: Fight the winter blahs by keeping active this winter! We are celebrating #WinterWalkDay on <date>. Grab your mittens, hats and boots and be a part of this fun winter event!

Spring into Spring: Put some spring into your step! Walk with your child to school this <date of event>. Meet other parents and have a free coffee #springintospring #walktoschool

Bike to School Week: #BiketoSchool Week is <number of days> away. Make sure your child's helmet still fits! Pump those tires and oil that chain!

General (in between events):

Regular exercise, including walking and cycling, can help your child sleep better at night. Walking or biking to school can be a great source of exercise. #walktoschool #biketoschool

Is your child feeling stressed at school?

Walking or cycling to school can relieve stress and help your child feel refreshed and focused. Research has even shown that walking or biking to school is related to better grades! #walktoschool #biketoschool

**#BiketoSchool Week is
<<number of days>> away.
Make sure your child's
helmet still fits! Pump
those tires and oil that
chain! #OurSchool**

Pedestrian Safety

Keep safe when travelling to and from school: Stop, look and listen for traffic. Always obey the crossing guard and crossing signals. Don't wear headphones, listen to music or use a cell phone while walking or crossing streets. #walktoschool #besmartwalksafe

Helmet/Wheel Safety

Be safe when you are riding a bike. Make sure to always wear a helmet, and make sure that your bike has a bell or a horn, lights and reflectors, and reflective tape so people can see you. #biketoschool #bikesafe

SAMPLE PA ANNOUNCEMENTS

Tip: Save work by tweaking the same announcements for different events throughout the year. These can also be used as short, snappy pieces to add to your school newsletter. Or, add in a couple of hashtags, and these can make great tweets!

Promotion for Active School Travel Events

IWALK Day: IWALK Day is this Wednesday! Help your class win the Golden Shoe Award by having the highest number of students walking, cycling or taking the school bus to school on Wednesday.

Winter Walk Day: We are celebrating Winter Walk Day on <date>. Be careful on icy sidewalks, and wear your warm winter clothes. We will have stickers and hot chocolate for all students who walk to school!

Spring into Spring: <date of event> we will be celebrating Spring into Spring. Get your day off to a positive start by walking to school. If you live too far to walk, ask your parents to park a block or two away and walk the rest of the way.

Bike to School Week: Next week is Bike to School Week! Did you know? When you're on a bicycle on city roads, you have the right to take the lane if there's no bike lane and there's not enough room for you to bike safely at the side of the road. That means you can ride in the middle of the car lane until you feel safe to move to the side.

General (in between events):

Did you know? Cycling is 3 to 4 times faster than walking. So if you live too

far to walk to school, you may not live too far to bike- it's a faster ride than you think!

Did you know? You can transport your bike on the front of a TTC bus. Want to cycle but live too far? Or worried about cycling on certain busy streets? Consider cycling part way and taking the TTC for the rest.

Pedestrian Safety

Walking to school is cool and a great way to be active. Keep safe when travelling to and from school:

- Stop, look and listen for traffic.
- Always obey the crossing guard and crossing signals.
- Be extra careful on slippery roads especially on rainy and snowy days.
- Don't wear headphones, listen to music or use a cell phone while walking or crossing streets.

Helmet/Wheel Safety

Bicycle helmets only protect if they fit snugly and are worn correctly. Wear it right every time. Remember the 2-V-1 rule:

- 2 finger widths above your eyebrows
- The side straps meet to form a V below each ear
- Only 1 finger fits between your chin and fastened straps

"We will be celebrating Spring into Spring. Get your day off to a positive start by walking to school!"

SAMPLE SCHOOL NEWSLETTER ARTICLES

Promotion for Active School Travel Events

Tip: Save work by tweaking newsletter articles for different events throughout the year.

Winter Walk Day

General Announcement

<Date> is Winter Walk Day across Canada. It's the perfect opportunity for parents and kids to get outside together and stretch those legs! Walk to school for a healthier environment, safer streets, making friends and ... having fun! Walking is the simplest form of exercise and helps kids get those 60 minutes of daily physical activity that kids need. It's also a great cure for those winter blues and helps students concentrate better in class.

Winter Walking Tips

- Keep hands and head covered to prevent heat loss.
- On really cold days wear a scarf over your face and mouth.
- Wear warm, waterproof boots.
- Wear a warm coat that deflects the wind.
- Woolen clothing helps to retain the heat.
- Wear clothing or carry knapsacks with reflective material – it's important to be seen.
- If possible, change wet clothes at school – tuck an extra pair of socks and mitts into knapsacks.

Don't forget to share your experiences walking to school with your child with the hashtag #WinterWalkDay and #WalktoSchool!

Week of Winter Walk Day

Week of event: Come join us this Wednesday as our school takes part in Winter Walk day, a celebration of the unique joys of walking to school in the chilly, snowy days of winter.

Walking to school in winter has many potential benefits, including benefits for your child's health and well-being (like opportunities to learn and socialize on the way to school, and arriving to school alert and ready to learn), our community (reduced traffic congestion around the school) and the environment, too.

<Describe the event- will there be music, hot chocolate, stickers? Coffee inside for the parents and a chance to meet other parents?>

“Walk to school for a healthier environment, safer streets, making friends and... having fun!”

Walk with your child to school on Winter Walk Day to join in the celebration! If you're on your way somewhere else and plan on driving to your next destination, consider walking and taking transit, or park/drop your child off a block or two away from the school to walk the rest of the way in. If you're not able to join, encourage your child to walk with a friend.

Week after Winter Walk Day

Thanks to everyone who joined us last week for Winter Walk Day at <Name of School>. Our school took part in a celebration of walking to school in

winter, to show that walking to school is not just for warm sunny days. As the old saying goes: there is no bad weather – just bad clothing choices!

<Include pictures from Winter Walk Day event>

Thank you to all the students, staff, volunteers and parents at our school who helped us increase awareness and enthusiasm for walking to school in winter. Let's keep it up! Bundle up and get some fresh air and sunshine as you take part in a healthy active lifestyle with your child, every day.

Pedestrian Safety

Teaching pedestrian safety to children

Walk with your children, and talk to them about pedestrian safety. Your presence and guidance can help reduce the risk of injury. Discussions can come naturally, as there are many opportunities and circumstances that invite a brief comment or teaching moment:

- When getting ready to cross a street
- When witnessing jaywalking or other unsafe pedestrian practice
- When taking, or deciding on, a new route to school
- When a child is preparing to walk alone for the first time

Remember to be a role model, too. If you jaywalk, or run across a street

against a light with your child, or talk on your cell phone while walking, you can expect them to do the same thing when they are crossing the street independently.

Adapted from materials from [Parachute Canada](#).

Helmet/Wheel Safety

Bicycle Helmet Safety

Cycling is a great way to be active and have fun, but it is important to know how to ride safely. Falls from cycling can result in serious head injuries. Wearing a properly fitted helmet helps protect the head and lowers the chance of injury.

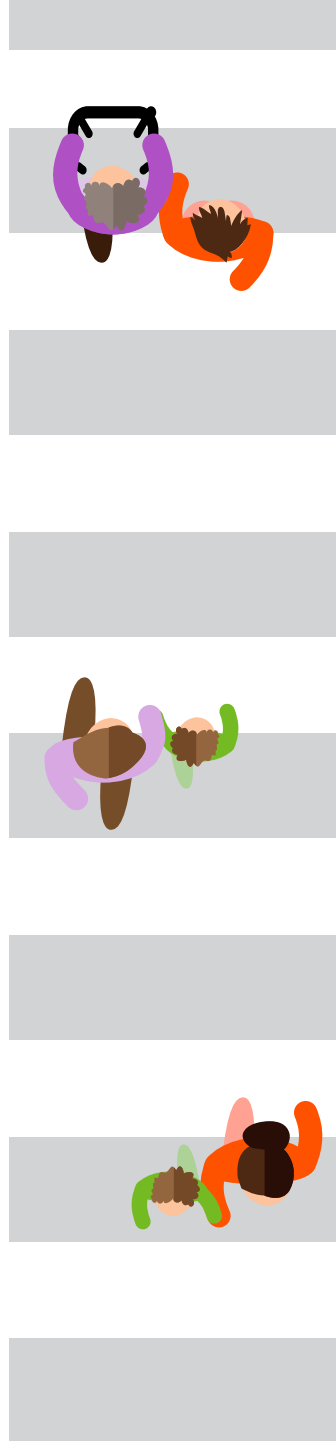
Make sure your child's helmet is properly fitted by knowing the 2-V-1 rule! Put the helmet level on the head, not tilting backwards or forwards, and check for the following:

- 2 – The helmet should sit 2 finger widths above the eyebrows.
- V – The side straps should make a V shape below each ear.
- 1 – Only 1 finger should fit between the chin and the straps

To adjust the fit of helmets:

- add or reposition the foam pads,
- adjust the straps, and
- move the dial or other fitting devices.





"Active and Safe Routes to School Teacher's Kit"

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Green Communities Canada, Toronto Public Health,
City of Toronto Transportation Services

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For more information, visit www.toronto.ca/visionzeroTO.