



Active and Safe Routes to School

Avoid the Jam

Did you know? It's easy to avoid the struggle and chaos that school drop off and pick up can be. By parking just a block or two away and walking to school (or the bus stop), you avoid drop off congestion. Use the same place as a meeting spot for after school pick up. This practice can help students develop independent decision making, emotional bonds with peers and comfort navigating the natural environment. Discussing *and modeling* [safe walking](#) with students helps them develop safe, confident and independent travel skills.

A Minute Matters: Get Moving

Any minute you walk or wheel contributes to your daily recommended amount of physical activity. [The Canada Physical Activity Guidelines](#) recommends children aged 5-11 have *at least* 60 minutes of physical activity daily... And walking or wheeling to/from school or the bus stop totally counts!