

Why Walk or Bike to School?



Benefits For Students

Being active builds healthy bones and minds. Walking or biking to school is not only a great way to be healthy and keep moving but has also shown to increase alertness and grades at school.



Family and Friend Time

Time spent walking together allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other's day.



Community Livability

Know your community. Walking and cycling is a great way to meet your neighbours. People feel safer when they know other people in their community.



Care For Our Earth

Transportation is the largest contributor to greenhouse gas emissions (GHGs) in Saanich. Vehicle emissions also contribute to poor air quality. Every vehicle trip replaced by walking reduces our contribution to climate change and is better for our environment.



Weather

Worried about getting wet in the rain or your child getting cold? Dressing your child(ren) with rainboots, umbrellas and jackets for the walk to school also means they are prepared for the weather at outdoor recess. School recess is rain or shine, and proper outdoor wear keeps students active outdoors all day long.



Best Routes to School Map

This is a product of the 2017-18 Active and Safe Routes to School program. The program is funded by the District of Saanich and delivered by the Capital Regional District.

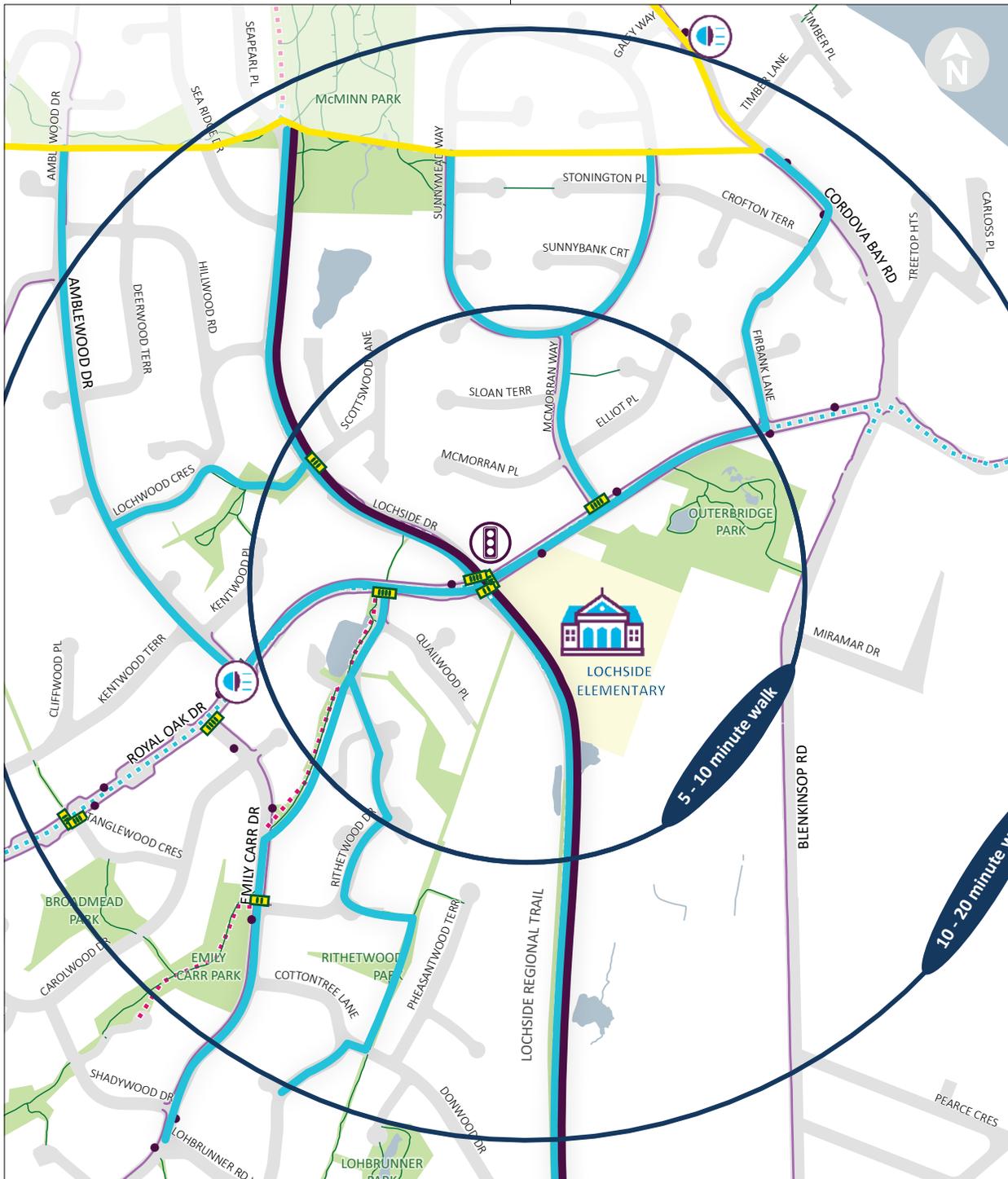
The Active and Safe Routes to School program is designed to encourage and enable students and families to walk, bike and roll to and from school. Visit www.saanich.ca for more information.

Lochside Elementary School

Best Routes to School Map 2018

The map inside shows the most popular walking and riding routes that have sidewalks, bike lanes and the safer crossing points. The routes are based on information from parents, your school community and the District of Saanich's engineering department. Use this map to find your way to school by following the route closest to your house. Then, find your neighbours and friends to walk and cycle together.





Walk Safe

Teaching children how to safely walk takes practice. Talk to your child about:

- **Sidewalk/no sidewalk.** Use the sidewalk if it is available. If there isn't a sidewalk, walk facing oncoming traffic so you can see approaching vehicles and make eye contact with drivers.
- **Crossing the street:** Where possible, cross at intersections with a pedestrian crossing light or marked crosswalk. Stop at the curb. Look left and right for oncoming vehicles, and over your shoulder for vehicles that might be turning. When the intersection is clear, start crossing and look for approaching vehicles.

Lochside Regional Trail

Lochside Elementary is lucky to sit beside Lochside Regional Trail, which is part of almost 100 km of regional trails. Bike to the Blenkinsop Trestle, Mattick's Farm or beyond.

5 Driving?

Consider 'Drive to Five' where you park within a 5-minute safe and comfortable walk to school. Walk with your children or have them walk with friends. When driving to school be respectful of others, stay focused and avoid distractions. Slow down in school zones and expect other kids and families to be walking or biking. Follow parking and stopping rules; they are in place for everyone's safety.

