

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

Vehicle emissions are the largest cause of poor air quality in BC and are individual Canadians' greatest source of greenhouse gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.



Use Your Street SMARTS

Sidewalks: Walk on the sidewalks, if possible. Stay on the inside edge, and stand back from the curb when waiting to cross the street. No sidewalk? Walk facing traffic so you can see approaching vehicles.

Music: If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

Attention: Look out for moving vehicles at driveways, back lanes, and in parking lots.

Road Crossing: Always cross at an intersection or crosswalk if available. Make eye contact with the drivers to make sure you are seen. Be bold; extend your arm to indicate you want to cross!

Team-Up: It is safer and fun to walk to school with family or friends.

Stranger-aware: Do not go with a stranger. Practice and remember a special family password that only a trusted adult knows. With your family, identify safe places to go for help.



McKenzie Elementary

September 2016

Best Routes To School Map

Best Routes to School are developed based on information we've received from parents, your school community and the municipality's transportation department. They are chosen to use the safest crossing points and to enable more people walk and cycle together.

Safety in Numbers

Time pressure? On your way to somewhere else? Team up with another parent or neighbour to share the responsibilities of walking to or from school. If students are older, encourage them to walk or cycle with friends or with their younger siblings.



The Best Routes to School Maps is a product of The District of Saanich's 2015-2016 Active and Safe Routes to School program, to encourage and enable students and families to choose active modes of transportation to and from school. The program is funded by The District of Saanich, and delivered by HASTe, the Hub for Active School Travel. For more information visit www.saanich.ca



