

# TRAVEL CHARTER

## ACTIVE KIDS ARE HEALTH KIDS

Choose active travel to and from school.

Introduce active travel into your routine. Even one day per week can help.



### WALK, BIKE, AND ROLL

Encourage Children to walk, bike or mini scooter to and from school. They'll get fresh air, exercise and a feeling of independence.



### DRIVE TO 5

Try parking just a few blocks away (5 minutes) and walk with your kids. You'll free up space in the school zone, get some fresh air, and have a chance to hear about your child's day.



### WALKING SCHOOL BUS

Organise your own Walking School Bus, which allows children to enjoy walking together accompanied by adults. Be considerate to our neighbours and park safely on the road.



### 24 Hour MOVEMENT GUIDELINES

recommends for ages 5 - 17



## ✓ BIG BENEFITS

### HEALTH

- Good for Heart & Bones
- Increased Alertness & Attention
- Improved School Performance
- Better Sleep
- Less Anxiety & Depression

### COMMUNITY

- Fostered Friendships
- Increased Sense of Belonging
- Better Understanding of the Local Area

### SAFETY

- Reduced Traffic Volume Around Schools
- Lower Risk of Collision & Injury

### AIR QUALITY

- Reduced Vehicle Emissions
- Improved Air Quality
- Lower Risk of Lung & Cardiovascular Diseases

### CROSS SMART

- Always cross at designated crosswalks and follow pedestrian signs and traffic signals.
- Watch for drivers turning left or right through the crosswalk.