

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.