

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.