

# 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.