

# Active School Travel

## School-based interventions to promote active school travel (AST)

Sample action plan activities	Curriculum, Teaching and Learning	School and Classroom Leadership	Student Engagement	Social and Physical Environment	Home, School and Community Partnerships
<p>Share classroom education materials to promote the Active School Travel program</p> <ul style="list-style-type: none"> <li>• <b>Stepping It Up:</b> A pilot project led by Metrolinx with the goal of identifying ways to enhance and encourage the use of active and sustainable travel options. Resources for schools include the <a href="#">Stepping It Up Teacher's Guide</a>, a resource that accompanies the video with activities for students in Grades 4 to 8 linked to the Ontario Curriculum. The activities help students investigate local factors that influence their walk to school</li> <li>• Review the Ontario School Travel website for resources and activities <a href="http://ontarioactiveschooltravel.ca/">http://ontarioactiveschooltravel.ca/</a></li> <li>• Review the Student Transportation Services of York Region for useful resources and links (e.g., <a href="http://net.schoolbuscity.com/">School Bus City</a>) <a href="http://net.schoolbuscity.com/">http://net.schoolbuscity.com/</a></li> <li>• Encourage the integration of AST with other school-wide events such as Terry Fox Day, Earth Day, Eco events</li> <li>• Use resources to inform and update school staff, school council, and parents</li> </ul>	X				X
<p>Create a healthy physical environment</p> <ul style="list-style-type: none"> <li>• Assess your school climate and environment</li> <li>• Contact the YCDSB/YRDSB <a href="#">Active School Travel (AST) Coordinator</a> to assist in assessing your school environment to be more walk and cycle friendly</li> <li>• Develop announcements to promote activities for walking, cycling, park and walk a block and taking the school bus</li> <li>• Encourage students, who qualify, to take the school bus, to and from school</li> <li>• Ensure that bike racks are placed in visible and safe areas for easy access</li> </ul>			X	X	X
<p>Create a supportive social environment</p> <ul style="list-style-type: none"> <li>• Organize and plan regular school-wide walking and cycling events and activities (e.g., Motor-less Mondays, Walking Wednesdays, Fuel-less Fridays, iwalk-iwheel clubs)</li> <li>• Review the AST Activities for Schools for ideas to encourage walking and cycling to and from school</li> </ul>			X	X	X

### PUBLIC HEALTH

1-877-464-9675  
 TTY 1-866-512-6228  
 york.ca



<p><a href="http://York.ca/healthyschools/physicalactivityforschools/activeschooltravel">York.ca/healthyschools/physicalactivityforschools/activeschooltravel</a></p> <ul style="list-style-type: none"> <li>• Create an “Amazing School Travel Challenge” competition between nearby schools</li> <li>• Plan and promote a school-wide launch event using student created posters and announcements</li> <li>• Encourage teachers to attend Making Tracks training</li> </ul>					
<p>Support community involvement</p> <ul style="list-style-type: none"> <li>• Encourage parents who are regular walkers and cyclists to become champions and join a healthy school committee to plan regular, fun AST programs</li> <li>• Reach out to your school community via website and social media</li> <li>• Create flyers and newsletter inserts to promote walk, bike, bus, or park and walk a block</li> <li>• Promote activities on school communication message boards</li> <li>• Register and promote initiatives such as IWALK Day (October), Winter Walk Day (February), Spring into Spring (April) and Bike to School Week (May/June)</li> <li>• List yearlong activities in the school calendar (e.g., Motor-less Mondays, Walking Wednesdays, Fuel-less Fridays, Terry Fox Day, IWALK Day, Jingle Bell Walk, Winter Walk Day, Spring into Spring, Bike to School Week/Month)</li> <li>• Review the Partnerships for Active Schools in York Region list and consider community partnerships that support and assist with the “Fundraisers and charities” and “Active celebrations and rewards” elements</li> <li>• Encourage parents to walk, cycle or park and walk a block to evening events at the school (e.g., meet the teacher nights, concerts, wellness nights)</li> </ul>				X	X
<p>Empower student leadership</p> <ul style="list-style-type: none"> <li>• Ask students to brainstorm and investigate activity ideas, themes, challenges</li> <li>• Encourage leaders to engage other students and communicate key messages</li> <li>• Survey students about activities and ideas that interest them and how they could get involved</li> <li>• Have students provide feedback on suggestions and ideas for active school travel they would like to implement throughout the school year</li> <li>• Encourage students to evaluate and gather feedback on activities from peers, teachers and other school staff</li> </ul>		X	X		
<p>Safety First!</p> <ul style="list-style-type: none"> <li>• Remember that safety is the most important message when promoting physical activity</li> </ul>			X	X	