

Active, Safe and Sustainable Transportation Initiative Ideas



Monitor modes of transportation at your school

Tracking the modes of transportation that staff and students use to travel to and from school over a period time can help to influence the focus of future campaigns. For example, if you notice the vast majority of students are driven to school, despite living within walking distance, challenge students to walk to school once a week through a Walking Wednesdays campaign (see *Active Transportation Themed Days* below for more details). Use your collected data to set a benchmark and see if there is a modal shift over time.



Create targeted communications

Targeted signage

Targeted signage can help to promote campaigns and communicate to the community the benefits of travelling in an active and sustainable way. Use signage to promote active transportation as both a healthy and sustainable alternative to single passenger vehicle trips. Including interesting facts with your signage can help to draw in your audience. Did you know [if children walked for all trips of less than one kilometre, they would take an average of 2,238 additional steps per day?](#)

Dedicated display

Select a highly-trafficked area of the school, such as in the main foyer, or near the gym/cafeteria, and create an active transportation themed display. You may want to include content that is fact-based, including statistics and tips related to the benefits of choosing an active mode of transportation for our health and the environment. Alternatively, you could use your display to promote a campaign or visually represent active transportation monitoring.

Announcements and Newsletters

Remind staff and students to use an active mode of transportation during morning announcements. Send the message home by including relevant content in your school newsletter.



Active Transportation Themed Days

Integrating active transportation into your school's regular routine is a great way to build a culture of awareness. The following suggestions can be done on a weekly or monthly basis:

Anything But Car (ABC) Day

As the name suggests, on Anything But Car (ABC) Day, staff and students are asked to rethink their travel to school and use a mode of transportation other than a vehicle. To thank students for their participation, consider posting thank-you notes on bikes that are locked to the bike racks at your school. As an incentive, some schools have experienced success by having a TTC transfer raffle. On the day of the event, students can use a TTC transfer to enter into a draw to win a prize.

Walking/Wheeling Wednesdays

Invite staff and students to walk/wheel to school on a designated day each week/month. To encourage participation, consider holding a friendly competition between classes. At the end of each week/month, recognize the class with the highest number of participants by presenting them with an award such as the "golden shoe award". You can also turn this initiative into a fun learning opportunity by counting and celebrating the number of kilometres your school has walked, combined. To put the numbers into perspective, record the distances on a map of Canada.



Jamie Stuckless

Host a Bike Rodeo

Bike rodeos provide students with an opportunity to learn and practice cycling skills in a controlled environment. During the rodeo, students rotate between stations to learn a variety of cycling skills including proper helmet sizing, road safety, and bike maintenance. Consider inviting members of the community, including parents, police officers, and your public health nurse to join in the day's events. For more ideas, check out Active & Safe Routes to Schools' [Tips for Planning a Successful Bike Rodeo](#).



Establish a Walking School Bus

Many parents recognize the health benefits of active transportation but are hesitant to allow their children to walk to school due to safety concerns. With a [walking school bus](#), a group of students, led by an adult, travel a designated route to school each day, “picking up” students along the way. See [Safe Routes to Schools’](#) website for more details.



Start a Bike Club

Gather a group of like-minded students and teachers and start a bike club! As a team, plan group rides, go on bike-themed field trips and/or learn bike maintenance skills and road safety. Organizations with a focus on cycling, such as [Cycle Toronto](#) or [CultureLink](#), may be helpful resources as you establish your club. Contact [Kristen Evers](#) if you are interested in connecting with bike clubs at other schools in the TDSB.



Clean Air Campaigns

Launch a campaign that is dedicated to improving the air quality around your school. If idling is an issue at your school during drop-off and pick-up times, consider creating some student-made anti-idling signs to remind parents to turn off their engines while waiting. Feeling really committed? Go one step further and establish an idle-free zone at your school. See [Safe Routes to School](#) for more details.

Include a Teaching and Learning Component

Active transportation offers numerous learning opportunities, and can complement a variety of curriculum areas. Consider incorporating a focus on active transportation into classroom teaching or, for a larger impact, a school-wide learning initiative. Some topics you may want to explore include:



Health & Physical Education

Active Living Strand

- Physical fitness benefits of using active modes of transportation
- Mental and emotional health benefits of using active modes of transportation

Movement Competence Strand

- Cycling skills
- Road safety

STEM

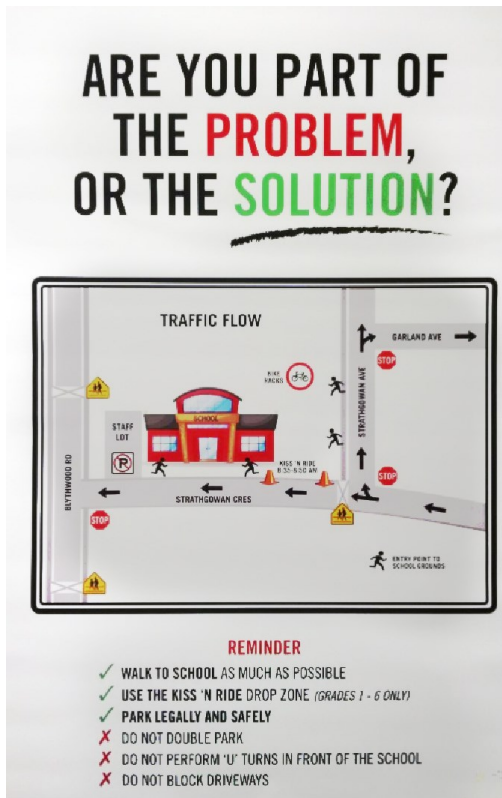
Examples of real world problems:

- What are the environmental impacts of active modes of transportation/non-active modes of transportation?
 - E.g. how is our air quality impacted by different modes of transportation?
- How could the modes of transportation that students use to travel to and from school be tracked/assessed/measured?
- How could changes to infrastructure increase/decrease active transportation in our community?
 - E.g. presence or lack of bike lanes, crosswalks, sidewalks etc.
- How do structures used in active transportation (e.g. bicycles, rollerblades, skateboards) create friction?

Social Studies, History and Geography

People and Environments

- Cultural patterns and trends of active transportation locally/global
- Assessing the transportation options and barriers in your school community
- Plan and design infrastructural changes that promote green transportation within the city
- Investigating the impacts of various modes of transportation on land use
- Citizenship responsibilities to advocate for equality/access in relation to active transportation



School Travel Plan

Creating a school travel plan with short, medium and long term plans, can help to encourage students to travel to and from school in a safe and active way. Conduct a neighbourhood walkabout to identify the barriers and travel needs of your school and then create an action plan. For a step-by-step guide to creating a school travel plan, see the [Active & Safe Routes to Schools' website](#).

Events

[Car Free Day](#) – Sept. 22nd, 2015

International Walk to School Day – Oct. 7th, 2015

Winter Walk Day – Feb. 4th, 2015

Bike to School Day – May 25th, 2015

Organizations

[Cycle Toronto](#)

[CultureLink Bike to School Project](#)

[Evergreen Bike Works](#) DIY bicycle repair and workshop

[Green Communities Canada](#)

[Metrolinx](#)

Helpful Resources

[Active Safe Routes to School](#)

[CAN BIKE Cycling Safety Courses for Students](#)

[Idle-Free Campaign Kit](#)

[The City of Toronto Cycling Map](#)