

The benefits of walking to school

Congestion in school zones has become a growing concern in Peel Region as children are dropped off and picked up in the morning and afternoon. Children often dart in between parked and idling cars of waiting parents. In addition to being an issue of safety, the idling cars harm the environment and everyone's health as smog fills the air, making it more difficult to breathe. Reviving an old trend of **walking to school** has a positive impact on our health, safety, environment and community.

Following are a few ideas on how to increase the number of walkers at your school:

- International Walk to School Day is an international yearly event that takes place every October. It was initiated to encourage children to walk to school, with the hope of developing a lifelong habit. This is an opportunity for a school to launch or continue an Active and Safe Routes to School program.
- Walking School Bus is a program where two or more families can walk to school together with adult supervision. It's a great way to increase student's physical activity and reduce traffic congestion. Parents who walk their children to school can meet new people, and get active themselves.
- Walking Wednesdays (or Footloose Fridays or...): Schools can initiate a "Walking Day/Event" on a designated day to encourage students to walk to school weekly or monthly.
- Student Frequent Walker Cards can be given to students and checked off every time they walk to school. Once the student has checked off 10 sections, they are eligible to win a special prize.
- Walk a block: Parents are encouraged to park their vehicles a few blocks from the school, then walk the remaining distance with their children. This will decrease traffic congestion and pollution around the school.
- Walking Buddies: Older students enjoy the responsibility that comes from walking safely together and looking out for younger students.

**International
Walk To School
Day is Wed.,
Oct. 7, 2009**

Source: peelregion.ca

THINK SAFETY FIRST

It may take extra time to act safely; but one more minute is always worth preventing accident or injury when it comes to your children and their friends.

SLOW DOWN — BE PATIENT



SIGN OF THE TIMES

TEST YOURSELF!

Use the sign to answer

- 1. True or False:** At the end of the school day, drivers may wait in their car here for a few minutes.
- 2. True or False:** Drivers will only get ticketed if they park here and get out of their car.
- 3. True or False:** Vehicles may not stop here during the times indicated on the sign.



This is a No Stopping sign, intended to make school zones safer by reducing traffic congestion on the street.

Answers: 1. False 2. False 3. True

The Traffic Safety Times is a publication of the Traffic Safety Council (TSC), an advisory committee of the Council of the City of Mississauga. TSC considers matters related to the safety of students and makes recommendations to Council designed and intended to protect elementary and secondary students from the dangers of vehicular traffic and related hazards.

www.mississauga.ca/trafficsafetycouncil