



Traffic Safety Times

Winter Edition, March 2022

A newsletter for the Mississauga School Walking Routes Program

Walk and Roll All Year Long!

Walking and rolling to school and around your neighbourhood is a great way to get exercise and socialize with friends. Doing so in winter brings all those benefits, plus unique experiences. Can you:

- Hear** the crunch of your boots in the snow?
- See** the snow on the trees, or icicles on buildings?
- Feel** your body warming up as you move?



Excited participants get ready to enter the Staghorn Woods forest path to their school at the Champlain Trail PS Community Storytelling Walk.

Spotlight: Champlain Trail PS

Champlain Trail families came together one Saturday morning to share their stories about walking to school and to learn some history of their community on a **Community Storytelling Walk**. The walk, led by City staff from the Active Transportation department, took participants along existing School Walking Routes. The City provided hot chocolate and walking-inspired giveaways.

For support to set up your own Community Storytelling Walk, visit:
<https://www.mississauga.ca/schoolroutes>

This February, schools across Mississauga celebrated **Winter Walk Month** to promote getting active outside. They did so many creative things, including:

- A Community Storytelling Walk
- Guided walks as a class, with I-spy cards
- Promoting walking and rolling to school with Frequent Walker Cards and draw prizes
- Recognizing students who walk and roll to school with a Super Walker wall of fame

What did your school do to celebrate? And how can you take the inspiration of winter walking and rolling to promote active school travel throughout the year?

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W	I	X	K	R	U	S	L	E	D
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Words to find: SNOW • EXCITEMENT
HAT • MITTENS • ICICLE • GO
FRIENDS • WALK • SLED • FUN

Spotlight: St. Raymond ES

St. Raymond students know that walking in the winter is good for the body and mind! They encouraged their parents to leave the car at home and walk them to school for the entire month of February. Students followed the School Walking Routes signs posted along the way to school, and had their **Frequent Walker Cards** signed daily. The completed cards were entered into a draw, and students who walked were rewarded with **Walk to School pencils and magnets** from the City, and some bigger prizes such as puzzles, water bottles, bicycle helmets and locks from their school council.

To get your own free giveaways for students, visit:
<https://www.mississauga.ca/schoolroutes>



Teacher Lucy Goncalves handing out "Walk to School" pencils to all walkers at St. Raymond.

Spotlight: Plum Tree Park PS

The Plum Tree Park community knows that walking and rolling to school is an important way to improve safety related to drop-off and pick-up traffic, and can also help to keep students active and healthy. This year, their annual Super Walker program has already had over 60 kids who have made the Super Walker Wall of Fame (50 or more walks to and from school), and many more are very close. For February, to celebrate Winter Walk Month, the school organized class activities and daily announcements. In addition, any student who completed a Frequent Walker card in the month of February earned a "limited edition" Walk to School pencil!

To get your own Frequent Walker Cards for students, visit:
<https://www.mississauga.ca/schoolroutes>



Plum Tree Park PS Super Walker Wall of Fame.

Spotlight: Castlebridge PS

As part of Castlebridge's commitment to the School Walking Routes program and promoting healthy active living, they offered time slots for classes to sign up for a Winter Walk with the principal or vice principal. They brought along winter-themed **I-Spy cards** as they explored the parks and trails right by their school. The students had fun looking and listening out for things in nature, as well as identifying their School Walking Routes, and the teachers really enjoyed getting their steps in!

To download I-spy cards for all times of year, visit:
<https://ontarioactiveschooltravel.ca/>



Classes at Castlebridge PS got to sign up for a wintry neighbourhood walk with their Principal or Vice Principal.