



Mississauga School Walking Routes Program

Let's Walk and Roll to School!

Spring/Summer Events

Spring is here and so are the exciting events! Here's how to get involved...

Kick start this biking season with BikeFest

Come join us for BikeFest on May 11, 2024 at Celebration Square from 10:00 a.m. to 4:00 p.m. Visit mississauga.ca/bikefest



Want to explore Mississauga on your bike? Join a Community Ride!

Join our [Community Rides](#) to meet your neighbours while building cycling confidence. These rides are family-friendly, FREE, and open to all!

Upcoming Community Rides

- Saturday, May 25 - [Tour de Carasauga](#)
- Saturday, June 1 - [Streetsville](#)
- Saturday, June 8 - [Bike the Creek](#)
- Saturday, June 15 - [Malton](#)
- Saturday, June 29 - [Meadowvale](#)

FULL LIST OF CYCLING PROGRAMS AT:
mississauga.ca/cycling

Bike to School Week

This year, Peel Region is celebrating Bike Month from May 27- June 28. Check out the [Bike Month website](#) for active transportation resources, and the [Walk and Roll website](#) for safe cycling tips. Teachers and educators, register your school for Bike to School Week 2024 and gain access to resources which will help your school celebrate cycling. Hurry, registration closes May 10th!



Helmet Safety: Does Your Helmet Fit Properly?



The "2-V-1" rule for helmet fitting.

2: You should be able to fit 2 fingers between your child's eyebrow and their helmet.

V: The straps should form "Vs" around your child's ears

1: You should be able to fit no more than 1 (or 2) fingers between the strap and your child's chin

How can we do more to promote active school travel?

Here are just a few ideas to relaunch your program next fall:

- ◆ Have a Launch Event with fanfare, contests and prizes for students to walk or roll to school
- ◆ Hand out and stamp Frequent Walker Cards; students who reach a goal number of walks to school get added to the Super Walker Wall of Fame (inspired by the Superwalker program at Plum Tree Park PS)
- ◆ Give out Routes to School Planner maps to help families plan an active route to school, including driving partway for families who live too far to walk all the way from home

Visit the [School Walking Routes Program](#) webpage to download your school's [Routes to School Planner Map](#), and/or reach out to program staff to inquire about **free resources and programming** available for your school!

Cycling Word Search

Y W M L G P X P K C G P P V L
 J D I H Q N F C U C J A C E Q
 N D R H B M X W Y N R Y E W G
 N I E F Q L H B O G C H S O F
 H N F I R J N S H T T T J C O
 A M S B C W U M S C V S U K L
 I D W W V V L U T C K S O R A
 E I K H C O R Q E H S T M U E
 O Q O E A T F K P A B Z H W P
 R B K E I Z G S O I N E L O U
 Q J E L F F P W S N P A L N F
 S E K I H E L M E T G G C L W
 J K X E J M F X B P E D A L Q
 Q O H R M O C F S M J Q R W P
 Z B Q B G W G V A T G I X N J

See if you can find all these CYCLING words

- WHEELIE ● HELMET ● BELL
- PUNCTURE ● CHAIN ● PEDAL

Spotlight: St. Gerard Catholic Elementary School

This school year, St. Gerard is participating in [Mississauga's School Walking Routes Program](#) to help encourage and support families at their school to walk and roll to school. As part of the program, they are focusing on cycling education with their students. This winter, they hosted a **Bike Safety Workshop** and this spring they hosted a **Bike Skills and Drills Circuit**.

Students learned about how to dress for riding to school, how to make sure their bike is in good working condition, how to fit their helmet, and then got to practice important cycling skills like balance, agility, shoulder checks and signaling. (As a bonus, they got points for their EcoSchools certification, too!) Way to go St. Gerard- keep up the great work!



Students participate in a Bike Safety Workshop, led by Peel Multicultural Council and City of Mississauga.



Students practice their balance skills in a slow bike race during a Bike Skills and Drills Circuit.



Full bike racks on the morning of the Bike Skills and Drills Circuit at St. Gerard.

Would you like to share what your school is doing to promote walking and rolling to school? Visit our School Walking Routes Program webpage at mississauga.ca/schoolroutes to request to be featured in an upcoming edition of our newsletter!