



# Mississauga School Walking Routes Program

## Let's Walk and Roll to School!

### Why walk or roll to school?

#### It's Healthy!

- Being active leads to improved physical and mental health.
- Travelling actively to school has been linked to increased alertness and focus at school.

#### It's Fun!

- Travelling actively to school is a great way to spend time with family and friends.
- Using an active mode of transportation can be a lot more enjoyable than sitting in traffic!

#### It might be closer than you think!

- Many children can walk 1 kilometer in about 15 minutes or less. Biking takes about half that time.

#### It's good for adults too!

- Each step helps you to reach the 150 minutes of physical activity recommended for adults each week.

### Safety Tips for walking and rolling

**Map out a route from your home to school and practice travelling that route with your child.**

- Choose routes with sidewalks or paths where you can walk or roll, including the School Walking Routes marked in your community.
- Point out crossing guards, crosswalks, stop signs, landmarks, safety hazards and friends' homes, in case of emergency.

**Whatever your travel mode, always follow the rules of the road:**

- Obey all traffic signals/signs and trail signs.
- Avoid crossing the street midblock, and never cross between parked or stopped vehicles.
- Practice extra caution when crossing driveways.

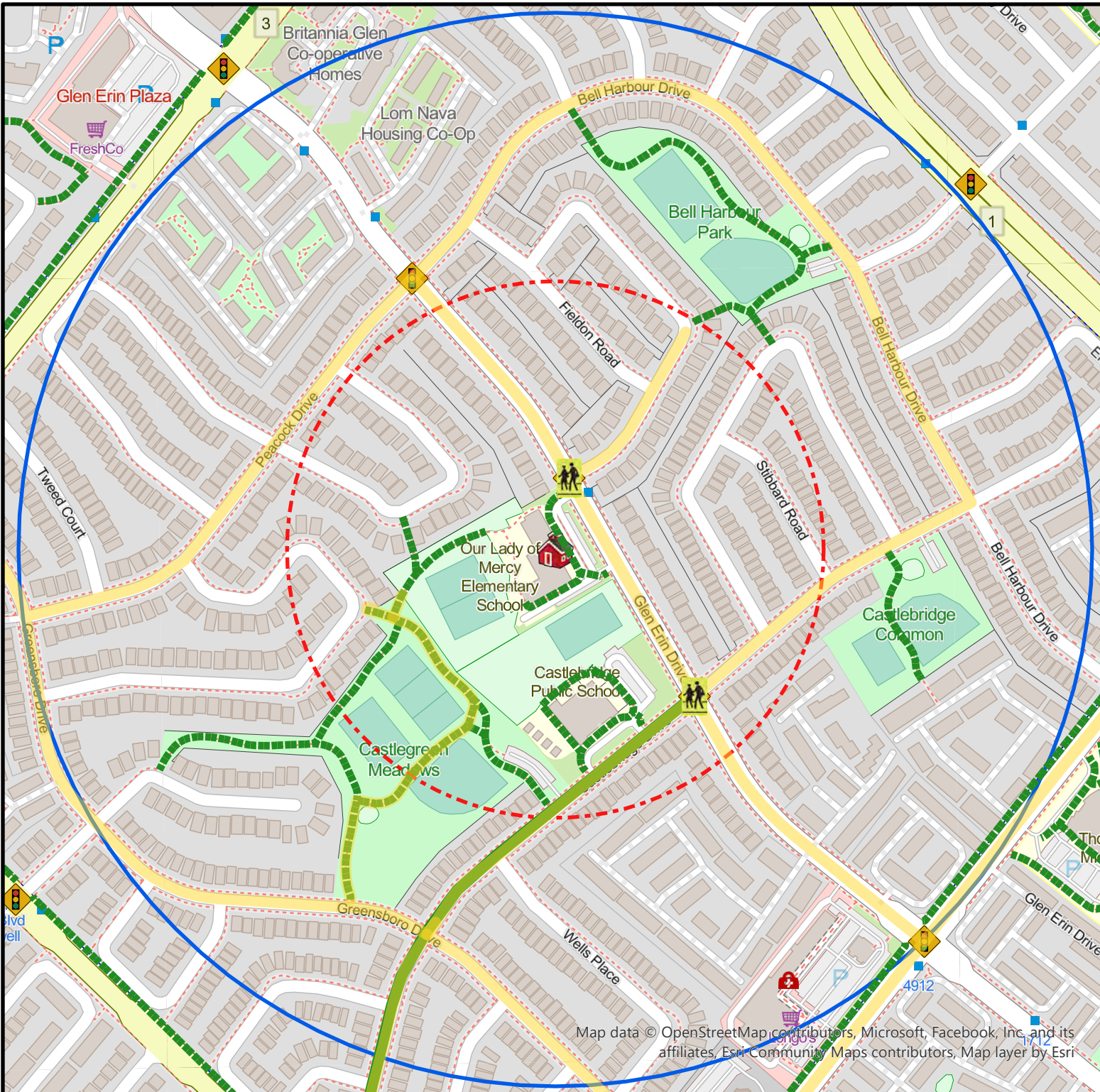
### What if we live too far from school to walk or roll?

- If your child takes the school bus, try walking to the bus stop instead of driving.
- If your child does not take the school bus, try parking 5 or 10 minutes away from the school, and walk or roll the rest of the way. You'll avoid traffic and get some exercise, too!

Use the map created for your neighbourhood to plan an active route to school!

[mississauga.ca/schoolroutes](https://mississauga.ca/schoolroutes)





# Our Lady of Mercy

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## Routes to School Planner

-  School
-  Traffic Signal
-  On-Road Cycling Route
-  Off-Road Path or Trail
-  5 Minute Walk OR 2 Minute Roll
-  10 Minute Walk OR 4 Minute Roll
-  School Crossing Guard
-  School/Walking Routes

Note: This map is intended to be used for educational purposes. Actual walking/ rolling times may vary.

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Produced by Geospatial Solutions

[School Walking Routes Program](#)

