



Active Routes to School Planner St. Anselm CS

Preferred routes for children and families to walk and cycle using public right-of-ways. Families should always practice safe walking and cycling habits.

Park & Walk

Too far to walk all the way to or from school? Try the Park & Walk program! there are many streets in your neighborhood, one or two blocks away from the school building that can be used as drop off or pick-up locations.

Locations like:

- Macnaughton Rd
- Donegall Dr
- Bessborough Dr (north of Field Ave and South of Millwood Rd)
- Hanna Rd

Parking on at least on side of these streets is permitted and they all have proper and well-maintained sidewalks.

Allow your child(ren) to walk a short, safe distance to school, very close to the crossing guards. Or walk with them and enjoy some undistracted family time!

Legend

- | | | | |
|--|---|--|------------------|
| | Traffic signal | | Crossing guard |
| | Special crosswalk
Push button activated
flashing beacon | | Marked crosswalk |
| | 5 minutes walk buffer | | School building |
| | 10 minutes walk buffer | | Popular Routes |

Routes to School Planner

Individual needs and abilities may require students and their families to use a vehicle or an assistive device to travel to school. If you are able, use this map designed specifically for your school neighbourhood to plan an active route to school - it might be closer than you think!

1. Safety Tips

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

- 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.
- Learn more about active and safe school travel at ontarioactiveschooltravel.ca

2. What if I live far from school?

- Try parking 5 or 10 minutes away from the school, and walk the rest of the way. You'll avoid traffic and get some exercise yourself!
- Coordinate with a caregiver of your child's friend who lives closer to the school; your children can travel together.

3. Active Transportation... give it a try!

It's healthy...

- Being active leads to improved physical and mental health.
- Travelling actively to school has been linked to increased alertness and attention at school¹

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 travel 1 kilometer- by biking, walking, or rolling- in about 15 minutes or less.

It's good for adults too...

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

¹ <https://bit.ly/2OzCoDg>