



PLANNING YOUR SCHOOL JOURNEY

SHOUT OUT TO THE PARENTS AND GUARDIANS!

Juggling work, home, and children's school schedules is tough work! These tips and resources are designed to help make your household's school day routine a little bit easier.

A BETTER DAILY ROUTINE:

Building a Calmer Morning

- 1 Plan a 15-minute buffer into your morning routine for getting ready and out the door.
- 2 Choose a 'time to go' song – adding music to the mix can break up the rush and remind everyone it's time to go!

Prepare for Tomorrow

- 3 Hang up any gear when you get home, so it has a chance to dry.
- 4 Check the weather forecast and make sure you get out any gear you might need. See our [dressing for cold weather guide](#) to help you prepare for your journey outside.
- 5 Everything you can complete the night before is a gift to yourself the next morning. Use our [checklist for a great school day](#) to help build routines for getting ready.

Prepare for the Unexpected

- 6 Find a family nearby that might be able to help with the school-run in a pinch.

- 7 Fill out the [Family Communication Plan](#) below to make plans for what to do in different situations, and to discuss where to go or who to contact if help is needed.

ROUTE PLANNING:

Back to School Route Prep (August)

- 8 Look at a map of your route to school. Identify your travel options and measure the trip distance.
- 9 Time your trip using different modes of travel and route options.
- 10 Connect with the school to learn about where adult crossing guards and patrols will be located, and where you can secure bicycles or scooters.
- 11 If you are driving, choose a spot nearby to park and walk the last few minutes together.
- 12 You may need to use different modes of transportation depending on the weather. How will you travel when it's windy, raining, or snowing?

TRAVELLING ACTIVELY TO SCHOOL:

Helps meet daily physical activity needs



Increases safety



Builds important pedestrian and cycling skills



Improves air quality



Increases readiness to learn for the school day



FAMILY COMMUNICATION PLAN

Sometimes things happen on our way to or from school. This could be a forgotten key, a scraped knee, or anything in-between. Make sure your family discusses the different scenarios that could take place, who they can call and where to go to use the telephone or for help. Talk about these things together and fill out the plan below to have as a reminder in case of an emergency.

Cut out the bottom portion of this sheet to place in your child's backpack so they always have it handy!

MY FAMILY COMMUNICATION PLAN

My Information

My Name: _____

My Address: _____

My Household Telephone Numbers: _____

My School: _____

My School's Telephone Number: _____

Family Information

Work Numbers: _____

Cell Numbers: _____

Neighbour/Relatives Name & Phone Number: _____

Neighbour/Relatives Name & Phone Number: _____

What to do if

If _____ happens, call _____.
[situation] [name / phone number]

If _____ happens, go to trusted neighbour/family member _____.
[situation] [name]

at _____.
[phone number / address]



Always remember to dial 911 in an emergency.