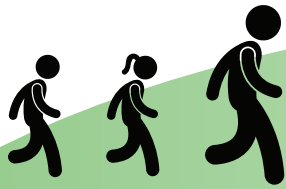


# Active & Safe Routes to School

*More than just a walk*

**Support children getting to school in an active & safe way - we all have a role to play**



**Work with your school and community to plan & support safe & active routes**



**Be a volunteer walking leader for students**



**Be an active role model**



**Build children's confidence, skills & abilities to walk and wheel to school safely**

## Benefits along the Journey

**Friendship & belonging**

**Happiness & well-being**

**Alert & ready to learn**

**Environmental well-being**

**Safer community**

**Health**

**Connection to nature**

**Sense of adventure & independence**

**Be an active partner where you live, learn, work and play!**

For more information on active school travel, visit [www.ontarioactiveschooltravel.ca](http://www.ontarioactiveschooltravel.ca) or contact [WalkingSchoolBus\\_LGL@healthunit.org](mailto:WalkingSchoolBus_LGL@healthunit.org)