# eacing to

Walk Safe. Bike Safe. Be Safe!

### You Can Make Our School Zones Safer!

All schools throughout York Region encourage students and their families to use sustainable travel to school such as walking, cycling or riding the bus to and from school as often as possible.

Walking and cycling to school will:

- Reduce traffic congestion, making it safer for everyone
- Improve air guality. Pollution can increase up to 3 times normal levels during drop-off and pick-up times
- Increase physical activity and self-confidence for kids, making them healthier and able to focus better during the school day

Be a part of the solution! Choose to make sustainable lifestyle choices over convenience. If you live within 1.2-1.6 km of the school we kindly request that families walk or cycle to get to and from school. If you live outside this distance have your children ride the school bus. If you need to drive then park a couple blocks away and walk with your children.

School zones have many distractions for drivers and pedestrians. Drivers contribute to heavy traffic volumes which create dangerous conditions for pedestrians.



## Safety Tips For Parents and Children

Parents and older siblings can be great role models for their children/ younger siblings. Teach them about pedestrian safety as soon as you start walking with them. Young children can navigate simple street structure but the skills to navigate more complex environments develop around the ages of 9 to 11.

To cross a street safely by themselves, children need three important skills:

1. Able to decide on and use a safe crossing route.

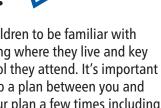
2. Able to properly assess a vehicle's speed.

3. Able to judge safe gaps in traffic.

Parachute 2019. Canada's National Charity Dedicated to Injury Prevention. www.parachute.ca

### Make a Plan

It's important and always good for children to be familiar with their neighbourhood including knowing where they live and key areas such as the location of the school they attend. It's important to talk about these things and develop a plan between you and your children. Review and practice your plan a few times including safe walking/cycling skills.

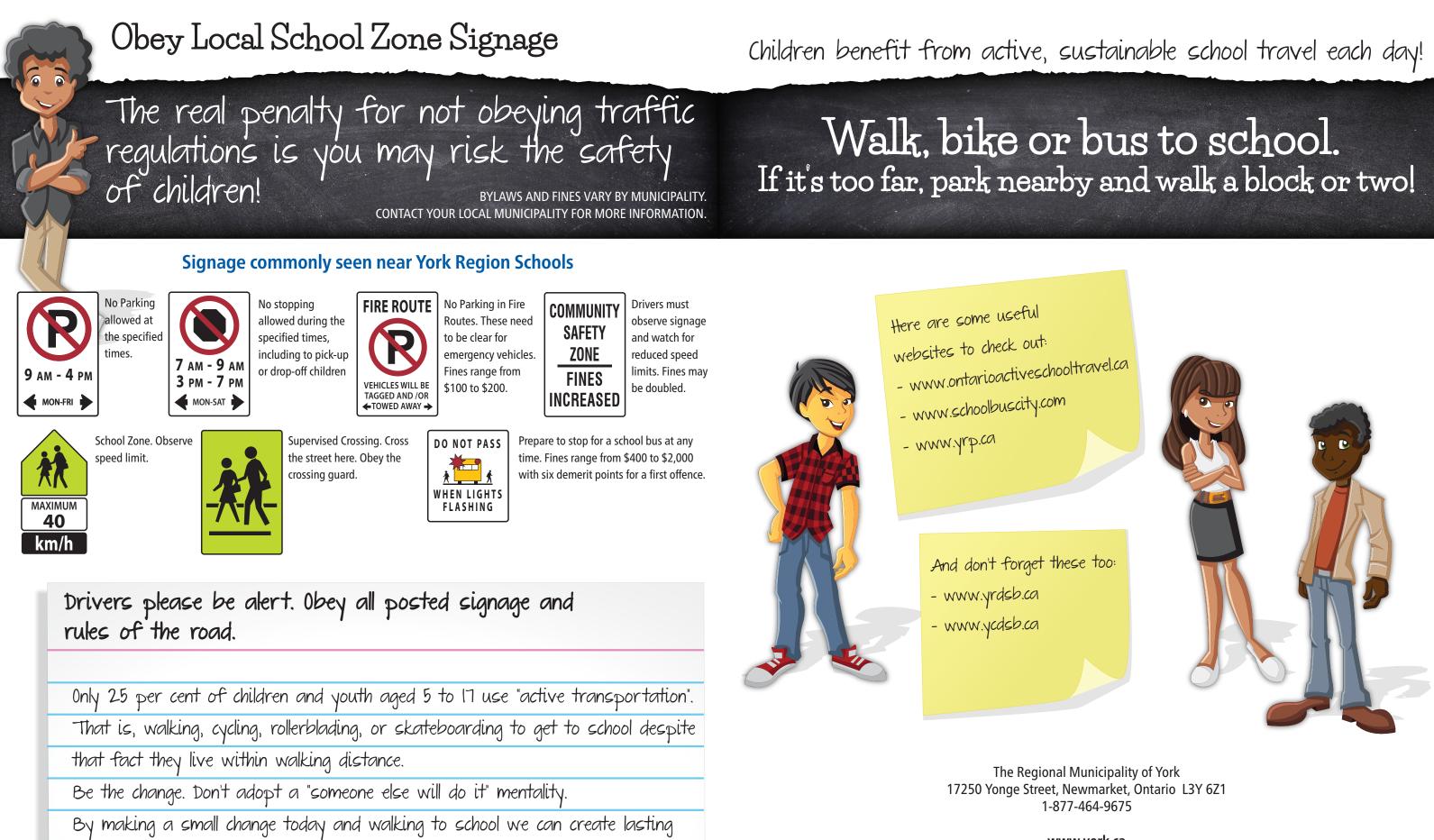


**Safety in Numbers!** When your child is old enough, walking to school on their own gives them a great sense of independence. Encourage them to walk with a buddy. Driver awareness increases when more kids are out walking and cycling to school. This results in slower vehicle speeds.





York Region



impacts that will benefit the environment, improve our health, school zone and

communities for all!





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