

THE BENEFITS OF WALKING OR ROLLING TO SCHOOL...



HEALTH.

The Public Health Agency of Canada (PHAC) recommends children get at least one hour of physical activity a day. Walking or rolling to school can help students become more active and create good habits for an active lifestyle.



FRIENDS, FAMILY AND COMMUNITY.

Active travel promotes social contact with friends, family, and neighbours and creates safer communities.



ACADEMIC PERFORMANCE.

Children that walk or roll to school arrive more alert and ready to learn, have better concentration in class, and are happier than children driven to school.



ENVIRONMENT.

Cars, trucks and other motor vehicles produce more than half of Surrey's greenhouse gas emissions. Every active trip reduces traffic and pollution making the air cleaner for everyone.



LIFELONG SKILLS AND BUILDING INDEPENDENCE.

Active travel builds confidence and promotes independence. It teaches lifelong skills, like road safety and the importance of individual health and the environment.



IT'S FUN.

Walking, biking, skateboarding and riding a scooter is fun for students and helps promote positive views towards exercise!

For more information about...

City of Surrey's Safe and Active Schools program and School Travel Planning and for other active transportation resources

<http://www.surrey.ca/city-services/4791.aspx>

Biking in Surrey

<http://www.surrey.ca/city-services/2220.aspx>



WEATHER.

When it rains the number of active trips to and from drops by about 60%. Dressing for the rain and cold weather with jackets, umbrellas and rain boots can help children stay dry and comfortable.



DRIVER BEHAVIOUR.

When driving to school be respectful of others, stay focused and avoid distractions. Be aware of parking and stopping rules. These rules are in place for the safety of everyone.



Consider parking a block or two away from school. This helps reduce traffic during pick-up and drop-off times and gives children the benefits of walking those last few of blocks.

CROSSING THE STREET.

Crossing the street can be a challenge. Teaching children how to cross a street is important so that everyone gets to school safely.



Always cross at a marked crosswalk.



If a crosswalk is not available, always cross at an intersection.



At a traffic light use the pedestrian pushbutton and wait until it is time to cross.



Stop before stepping into the street.



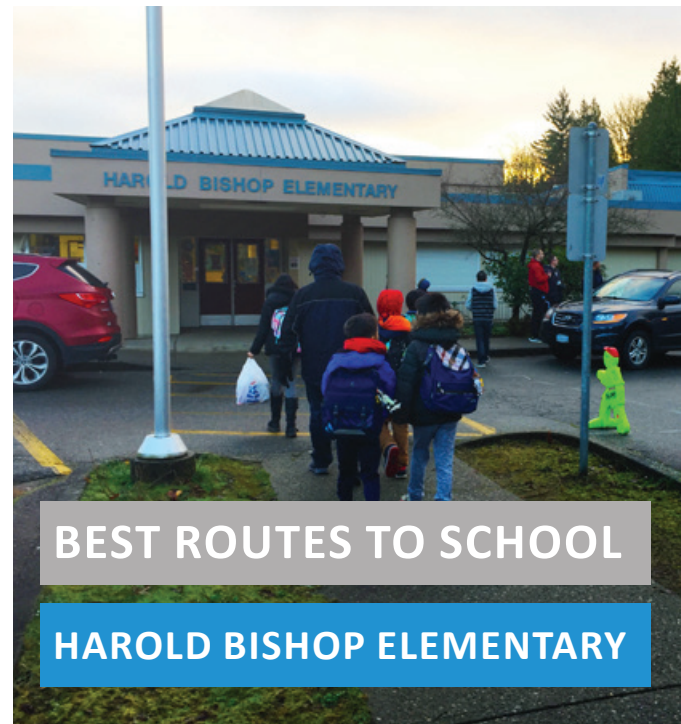
Look both ways and make eye contact with drivers.



Make sure all cars have stopped before crossing.

TRAVELLING ON STREETS WITHOUT SIDEWALKS.

When walking on a street that doesn't have a sidewalk stay close to the edge of the street or walk on the shoulder. Try facing traffic as you walk so you can see vehicles travelling towards you.



BEST ROUTES TO SCHOOL

HAROLD BISHOP ELEMENTARY

safe &
active
SCHOOLS
PROGRAM
CITY OF SURREY

CYCLING TO SCHOOL



Wear a helmet

Stay on the right side of the street as close to the curb as possible



Use hand signals to let others know the direction you are going



Pay attention to traffic signs and signals and follow the rules of the road



Use your bell to alert others when passing



Bring a lock to make sure your bike is safe while you are at school

HAROLD BISHOP SCHOOL TRAVEL PLANNING GOALS



Reduce the number of trips to school in private vehicles

Increase the number of active trips to and from school



Enjoy nature and all its elements on the way to and from school

Encourage safe and considerate driver behaviour



More time to socialize with friends

HAROLD BISHOP SCHOOL TRAVEL PLANNING VISION



Harold Bishop is a school that fosters positive and healthy lifestyle choices by ensuring physical activity is convenient and encouraged.

The school community will respect the environment and work towards increasing student concentration, academic achievement, and increased opportunities for student socialization through the promotion and support of safe and active school travel.



The Best Routes to School and the content in this brochure is based on information received from parents, caregivers, the school community and the City of Surrey's transportation department.

LEGEND



Pedestrian Beacon



Traffic Signals



Transit Stops



Crossing Guard

Sidewalks

On Street Bike Routes

Best Route

Best Route (Off Street)



Elementary School Catchment



School



Parks



Trails and Paths



Alternative Drop-off Location

