

THE BENEFITS OF WALKING OR ROLLING TO SCHOOL...

WEATHER.

When it rains the number of active trips to and from drops by about **40%**. 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.



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.



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.



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.



FRIENDS, FAMILY AND COMMUNITY.

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



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.



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.



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>



BEST ROUTES TO SCHOOL

HILLCREST 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

HILLCREST SCHOOL TRAVEL PLANNING GOALS



Reduce the number of trips to school in private vehicles

Increase the number of active trips to and from school



Encourage a sense of comradery between students and families and provide a sense of community on the way to and from school

Encourage safe and considerate driver behaviour



HILLCREST SCHOOL TRAVEL PLANNING VISION



Hillcrest Elementary is a school that fosters a sense of safety, comradery, collective responsibility and fun by encouraging students, parents, and school staff to look out for one another on their way to school.

The school community will work towards ensuring the neighborhood is safe and congestion is minimized by encouraging active modes of travel to and from school and considerate driver behaviour at all times.



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



Crosswalk



Crossing Guard



Traffic Signals



Transit Stops

Sidewalks

On Street Bike Routes

Best Route

Best Route (Off Street)

Elementary School Catchment



School

Parks

Trails and Paths

Fire Hall

