



## BENEFITS OF WALKING, ROLLING, AND RIDING

### WHY WALK, ROLL, OR RIDE TO SCHOOL?



#### BUILDS HEALTHY BODIES AND MINDS

Taking an active journey to school is not only a great way to stay healthy and active but has also shown to increase alertness and student grades.



#### SPENDING TIME TOGETHER

Time spent being active together allows families and friends to connect without distractions. It is a great time to unwind and share stories about each other's day.



#### CONNECTING WITH OUR COMMUNITY

Walking, rolling, and riding is a great way to meet others and gain independence. Allowing children to explore outside a car increases their community awareness, safety, and teaches lessons of life-long value.



#### ENVIRONMENTAL BENEFITS

Vehicle emissions are the largest cause of poor air quality in BC and are individual Canadians' greatest source of greenhouse gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.

*Throughout the 2020/2021 school year our school participated in the District of Squamish's Active and Safe Routes to School program. The program has a goal of increasing the number of students walking, rolling, and cycling to and from school throughout the District of Squamish.*

### TRAVEL TIPS



Make everyday an adventure and enjoy everything our community has to offer. Adding a little bit of adventure at the start and end of your way is never a bad idea!



Transit can be fun and convenient for longer trips! Families can take the route together a few times before students try it on their own. Remember the bus driver is your friend so sit up front if you can and they can answer any questions you might have. Visit BC Transit at [bctransit.com/squamish/home](http://bctransit.com/squamish/home)



You can bike, rain or shine! Improved cycling infrastructure is helping to make cycling more attractive every year. Use our community's trails and bikeways if they are along your route to school. Skip the traffic and enjoy a little extra active time outside in our scenic mountain surroundings.



Fall and winter means darker days and the need for extra vigilance as students and families walk, roll, and ride. The District of Squamish has installed more countdown timers at crosswalks to help pedestrian safety, and dressing in light and bright colours as you walk, roll, and ride helps too.

## BEST ROUTES TO SCHOOL



### PLAN YOUR ROUTE TO SQUAMISH WALDORF SCHOOL

*Squamish Waldorf School students live throughout the community – sometimes this means they need to be driven to school.*

1. Encourage students to walk from Hemlock Avenue and Maple Drive by either parking and walking with them or allowing your child to walk independently or with others that are doing the same.
2. Talk to classmates/neighbours to see if you can arrange or join a group to walk, roll, or ride with along any of the adventure routes shown on the Best Routes Map
3. Try walking, rolling, riding, or even taking transit on a weekend... it might be more doable than you think and a little adventure is good for us all!

For more information about District of Squamish's Active and Safe Routes to School program, School Travel Planning, and other fun active transportation resources <http://www.squamish.ca/our-services/transportation/safe-routes/>



## SQUAMISH WALDORF SCHOOL