

# **School Walking Routes Program: Updates from Active Transportation**

Presentation to Mississauga School Traffic Safety  
Action Committee

April 24 2024





**Mississauga School  
Walking Routes Program**  
Let's Walk and Roll to School!

All Mississauga Students

Students at All  
Program Schools

Students at Current  
Program Schools



# Mississauga School Walking Routes Program

Let's Walk and Roll to School!

62  
Supports &  
Resources  
for your  
School

## Current Program Schools

1



### Launch Event

We'll kick off your program with a **celebration** of walking and rolling to school! Your school will receive T-shirts for staff and student volunteers, plus giveaways for students.

2



### School Routes

We'll review/install signed walking routes to your school. This involves:

- A short Travel Survey for families
- A Safety Audit Walk to identify possible improvements the City can make to the local streetscape.

3



### Promote Active Travel

We'll lead activities at your school and in your community to help get students and families excited about walking and rolling. **Choose 2 activities** plus promo items for giveaways!



**Bonus:** We'll also create a **custom map** of your School Walking Routes to share with your school community.

# Current Program Schools

## Step 1: Choose your Activities (Pick 2)

### Option 1: Community Walk

We will lead a fun and educational walk through your school neighbourhood inviting families to look for interesting things along the way. (All ages)



### Option 2: School Walking Challenge

We will provide stamp cards, resources and fun ideas for your school to have a contest to promote walking/rolling to school or the bus stop. (Grades 1-8)



### Option 3: Bike Safety Workshop

We will lead an interactive workshop for students about bike maintenance and how to be safe and have fun when riding your bike (Grades 3-6)



### Option 4: Bike Skills and Drills Circuit

We will lead a half-day event during school hours to teach and practice basic cycling skills to students, such as balance, hand signals, and helmet safety. (Grades 3-6)



### Option 5: Information Booth or Presentation

We will attend a meeting or event at your school to talk to parents and families about the benefits of active school travel. Your choice of virtual or in-person. (Target audience is caregivers/parents)



## Step 2: Choose your Promo Items

We will put together a package of giveaway materials to help you promote active school travel beyond the activities provided through this program, to help you keep it going!

## Current Program Schools

- Up to 8 schools/year
- Fall cohort 2023/2024:
  - Castlebridge PS
  - Champlain Trail PS
  - St. Gerard
  - Springfield PS (withdrawn)
- Winter cohort 2023/2024:
  - Clifton PS
  - St. Bernard of Clairvaux
  - McKinnon PS
  - Cooksville Creek PS



- For selecting repeat and new schools, we are prioritizing schools in higher needs neighbourhoods and aiming for distribution across City wards



# All Program Schools

- Email reminders to School Walking Routes Program Schools about upcoming events and campaigns
- 2-3 editions of our program newsletter each school year



## Mississauga School Walking Routes Program

Let's Walk and Roll to School!

6<sup>th</sup> Edition 2024

### Winter is the perfect time to get active outside!

#### Why walk to school in the winter?

Walking and rolling to school and around your neighbourhood is a great way to get exercise and socialize with friends. Doing so in winter brings all those benefits, plus unique experiences. Can you:

- \* Hear the crunch of your boots in the snow?
- \* See the snow on trees, or icicles on houses?
- \* Feel your body warming up as you move?

### Did you know?



Polar bears can walk up to 30km/day in the snow! How far is your walk to school?

#### Do you have a little one who complains they are too tired to walk?

Make a game of the walk and see how they find energy to move along.

- \* Waddle like a penguin, run like a polar bear, and dance like a snowflake!
- \* See how quickly you can get to the next fire hydrant, mailbox or driveway.
- \* For longer routes, consider bringing a healthy snack to share when you reach certain landmarks.

#### Time-saving tips for walking to school this winter:

- \* Check the weather forecast and get out your gear the night before- this will save time in the morning.

**Tip: Have a winter clothing checklist handy to make sure you have everything you need! (See below!)**

- \* If you live too far to walk from home or are short on time, try parking 5 minutes away and walk the rest of the way. You will get some exercise and fresh air, and avoid the congestion of school drop-off!

### Activity: Match the winter clothing to the body part

- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Hat or other warm head covering                   |  | Legs  |
| <input type="checkbox"/> Scarf   |  | Neck  |
| <input type="checkbox"/> Thick jacket (or lighter jacket with warm layers) |  | Hands |
| <input type="checkbox"/> Insulated mittens (or gloves)                     |  | Torso |
| <input type="checkbox"/> Snow pants or rain pants                          |  | Feet  |
| <input type="checkbox"/> Winter boots                                      |  | Head  |

If you don't have access to all these items, ask the office at your school. They may be able to help get these items for your child(ren) so they can stay warm and dry when playing outside.

# All Program Schools

- Updated School Walking Routes maps shared annually
- Updates to schools on completed action items from the Safety Audit Walk

Hey Tomken Road Middle School!

**Did you know?**

This fall, we installed signs in your school neighbourhood to mark the way to your school. Walking and rolling (that is: riding your bike, scooter or wheelchair) are great ways to get to school anytime of the year. Travelling actively is good for your fitness, your mental health, and even the environment, too!

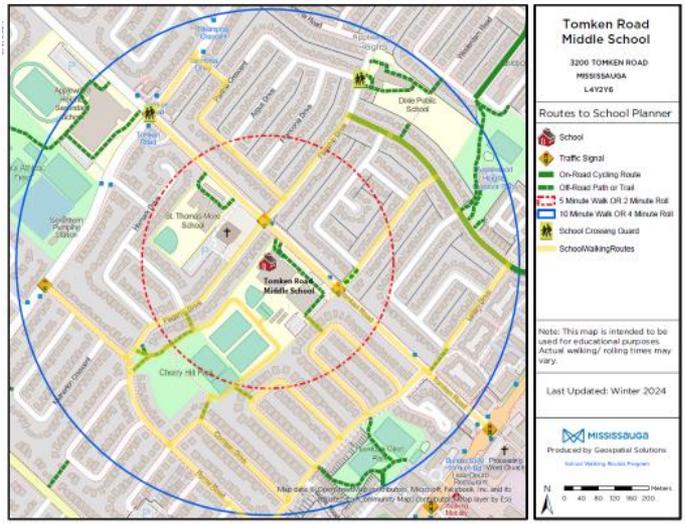
Signs can be seen as far away as a 10 minute walk/5 minute roll from the school. If you see a sign, you are not far from the school!

**Challenge: Can you spot all the signs in your neighbourhood? There are 19 in total. (Hint: here are 2 of them!)**



Please reach out if you have any questions or concerns about the signed routes in your neighbourhood. Happy walking and rolling!

On behalf of the School Walking Routes Program Team, City of Mississauga,  
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## All Program Schools

**Additional supports for schools, on request, including:**

- Giveaway materials to support ongoing promotions by schools
- Programming supports



## All Program Schools

### T-shirt Design Contest

- Over 100 entries from schools across the City
- Winning design printed on new t-shirts
- All schools who submitted entries have received a prize package



# All Mississauga Students

## Program webpage:

- [mississauga.ca/schoolroutes](https://mississauga.ca/schoolroutes)
- Routes to School Planner maps, past newsletters

## Annual PSARTS Campaigns:

- Walk to School Month (October)
- Winter Walk Month (February)
- Bike to School Week (May/June)

Share Media story



## February is Winter Walk Month – walk to school or your bus stop

Entertainment and activities | February 1, 2024

Interested in staying active this winter? The City of Mississauga is celebrating Winter Walk Month and is encouraging students and their families to walk to school or the bus stop. For those who live further from your school, you can still make a positive impact by parking five minutes away and walking the rest.

### Why you should walk to school in the winter

Walking not only improves your mood and overall health, but it also helps make school zones safer.

By walking more, we can create healthier and safer communities while having a positive impact on the environment by reducing carbon emissions.

Winter walks can offer you some unique experiences, such as listening to the sound of snow crunching under your boots, spotting animal footprints in the snow, admiring snow and icicles on trees and houses, and feeling your body gradually warming up as you move.



## All Mississauga Students

### Peel Region School Travel Planning Program



- Offered to all schools across Mississauga and Peel Region
- Public health nurses equipped with resources to support active school travel
- Public health nurses offer additional supports to our School Walking Routes Program schools, plus provide support to keep efforts going over time

# All Mississauga Students

## Road Safety Improvements

- 164 Community Safety Zones established near schools Citywide
- Lower speed limits (30km/h) and Automated Speed Enforcement in school zones Citywide
- Traffic Calming on local roads near schools in neighbourhoods across Mississauga



# All Mississauga Schools

## Road Safety Improvements

- Intersection improvements Citywide
  - Increased crossing times at all intersections
  - Pedestrian Head Start Signals
  - Intersection Enhancement Program approved
- Crossing Guard Program



# All Mississauga Students

## Free Cycling Programming

- Bike Fest: Saturday May 11
- Free Family-friendly Community Rides on weekends throughout the spring/summer/fall
- Free Bike Safety Workshops at libraries



# Thank You!

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