



Active Routes to School Planner St. Anselm CS

Preferred routes for children and families to walk and cycle using public right-of-ways. Families should always practice safe walking and cycling habits.

Park & Walk

Too far to walk all the way to or from school? Try the Park & Walk program! there are many streets in your neighborhood, one or two blocks away from the school building that can be used as drop off or pick-up locations.

Locations like:

- Macnaughton Rd
- Donegall Dr
- Bessborough Dr (north of Field Ave and South of Millwood Rd)
- Hanna Rd

Parking on at least on side of these streets is permitted and they all have proper and well-maintained sidewalks.

Allow your child(ren) to walk a short, safe distance to school, very close to the crossing guards. Or walk with them and enjoy some undistracted family time!

Legend

	Traffic signal		Crossing guard
	Special crosswalk Push button activated flashing beacon		Marked crosswalk
	5 minutes walk buffer		School building
	10 minutes walk buffer		Popular Routes

Routes to School Planner

Individual needs and abilities may require students and their families to use a vehicle or an assistive device to travel to school. If you are able, use this map designed specifically for your school neighbourhood to plan an active route to school - it might be closer than you think!

1. Safety Tips

Map out a route from your home to school and Practice travelling that route with your child.

- Point out crossing guards, crosswalks, stop signs, landmarks, safety hazards and friends' homes in case of emergency.
- Whatever your travel mode, always follow the rules of the road.
- Learn more about active and safe school travel at ontarioactiveschooltravel.ca

2. What if I live far from school?

- Try parking 5 or 10 minutes away from the school, and walk the rest of the way. You'll avoid traffic and get some exercise yourself!
- Coordinate with a caregiver of your child's friend who lives closer to the school; your children can travel together.

3. Active Transportation... give it a try!

It's healthy...

- Being active leads to improved physical and mental health.
- Travelling actively to school has been linked to increased alertness and attention at school¹

It's fun...

- Travelling actively to school is a great way to spend time with family and friends.
- Using an active mode of transportation can be a lot more enjoyable than sitting in traffic!

It might be closer than you think...

- Many children can travel 1 kilometer- by biking, walking, or rolling- in about 15 minutes or less.

It's good for adults too...

- Each step you take contributes to the 150 minutes of physical activity recommended for adults each week.

¹ <https://bit.ly/2OzCoDg>

Plan your walking or biking route

Park Elementary School



Niagara Region

Park Elementary School

Elementary Schools

Signalized Intersections

Secondary Schools

Cross Guard Location

Niagara Trail Routes & Bicycle Facilities

Greater Niagara Circle Route

On-Road Bicycle Facilities

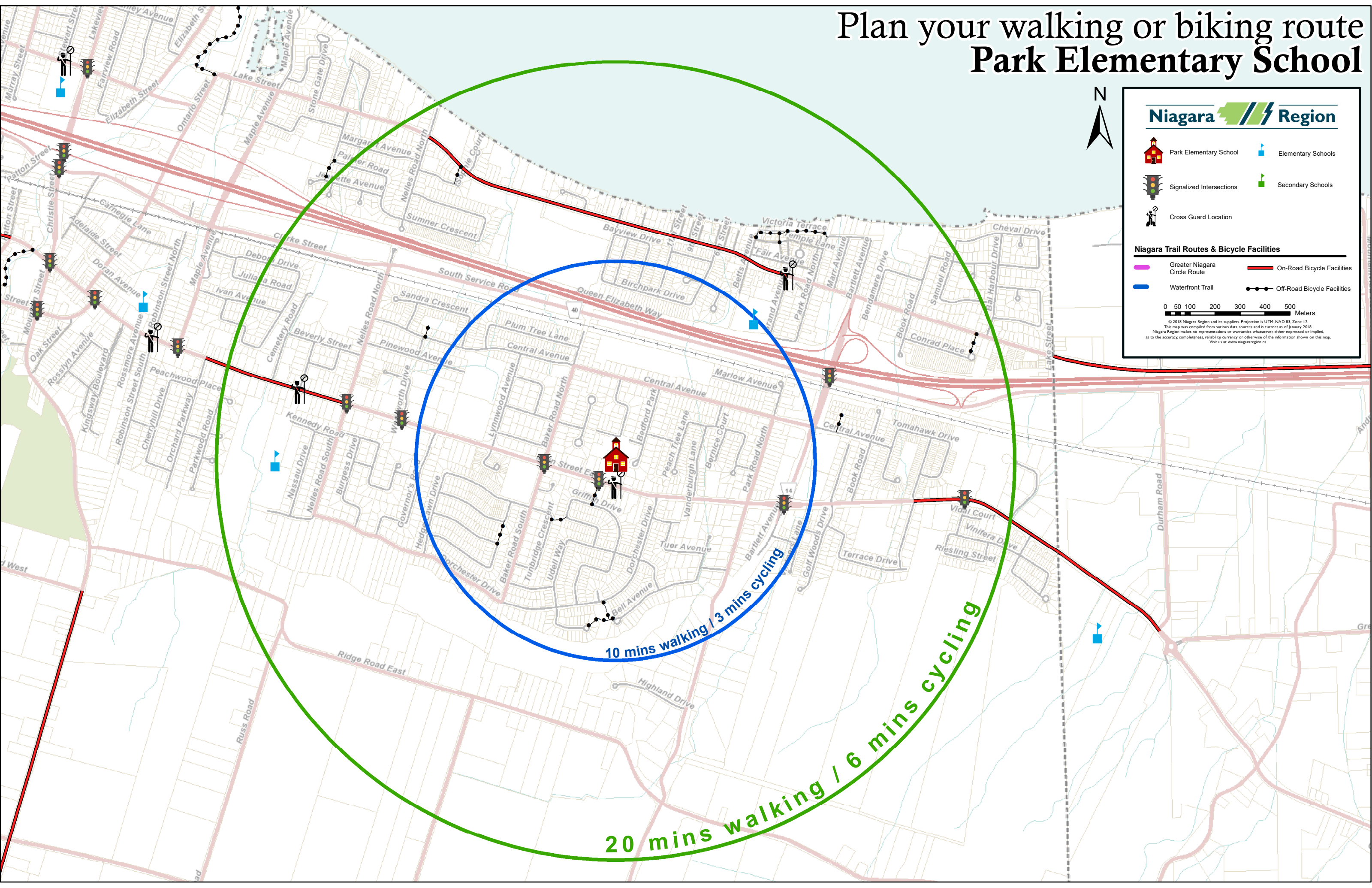
Waterfront Trail

Off-Road Bicycle Facilities

0 50 100 200 300 400 500

Meters

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OSTA

Ottawa Student
Transportation
Authority

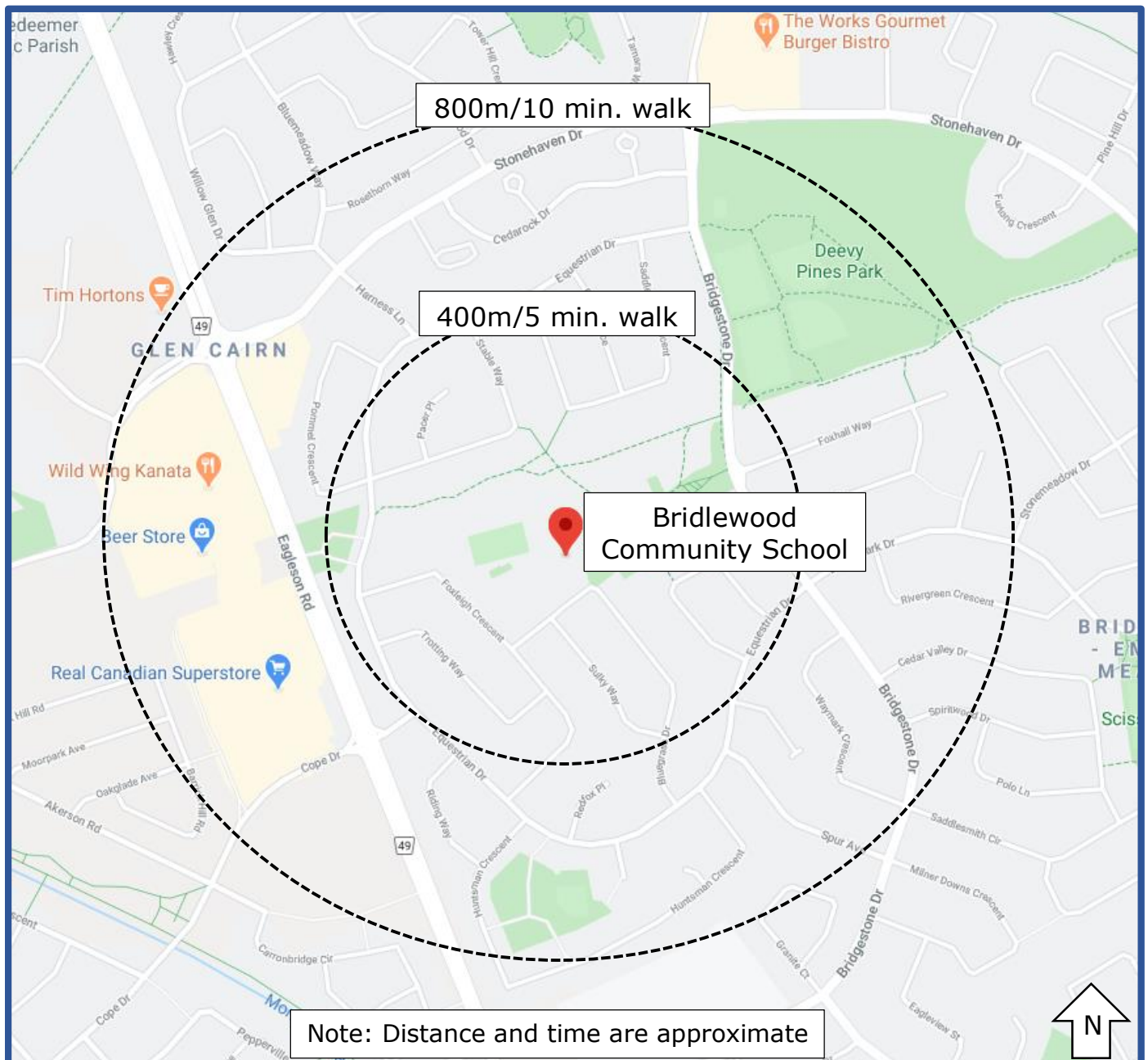
WALK-A-BLOCK MAP

Bridlewood Community Elementary School



Let's make the school zone safer for all students by reducing parent/guardian traffic at the school. On days when your family really needs to drive, please park a little farther away and **Walk-A-Block**.









SAFER SCHOOL ZONES START WITH YOU.



Information sourced from Google Maps

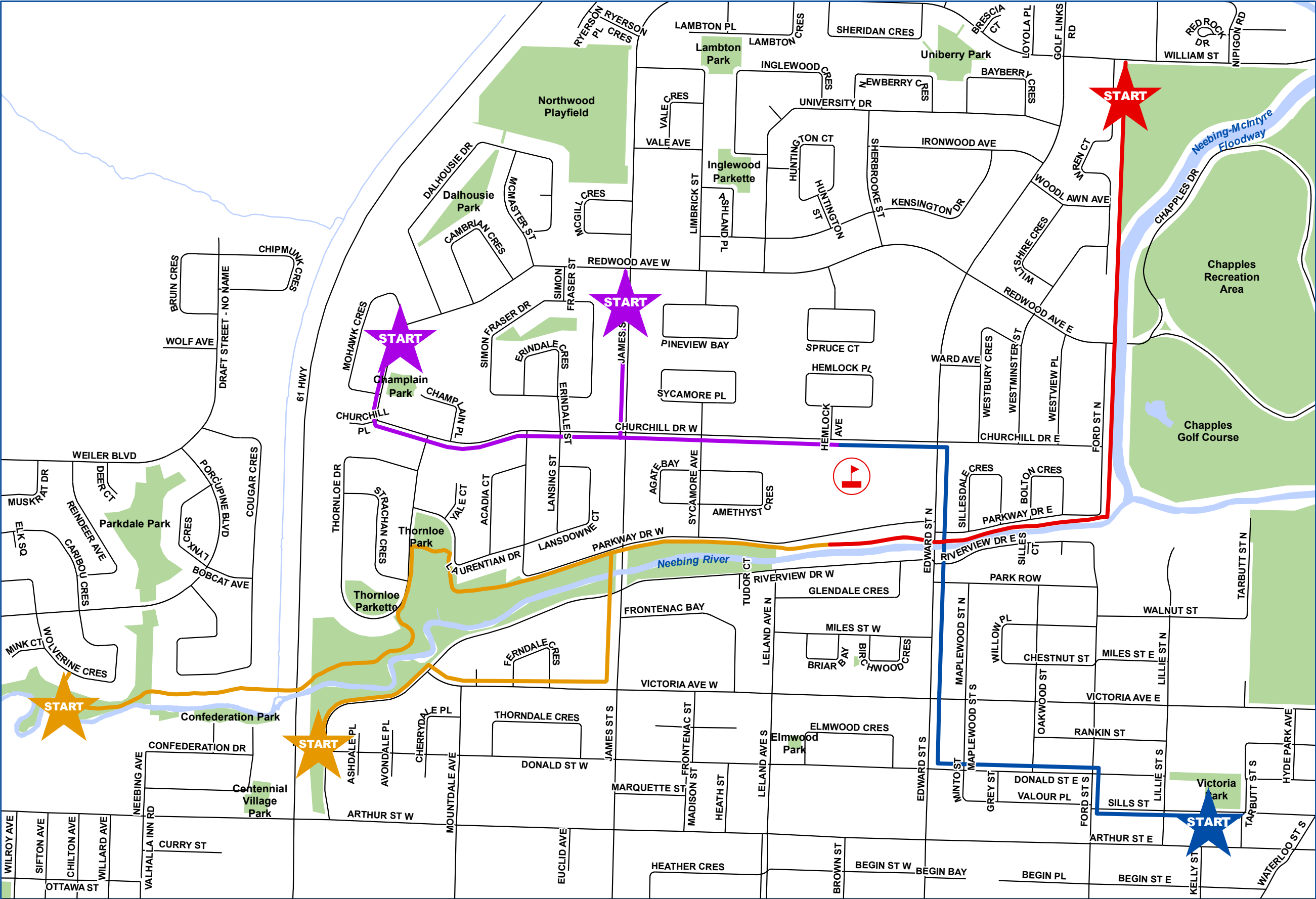
Elsie MacGill School

Legend

-  Ecole Elsie MacGill
-  Crossing Guards
- Route**
 -  East - West
 -  North - South
 -  Neebing River
 -  Parkdale
 -  City Parks
 -  Waterbodies



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An underrated habit for families to de-stress and exercise

Stressed out concerned about your family's health and well-being? Try **biking to school**. Check out the map on the back of this page to find out how much exercise you can get on the way to school. Every bike trip counts.

Boost your mental health by biking.

- The Mehrit Centre's Self-Regulation Toolkit lists biking as a way to lighten the stress load.
- Across Canada, parents and children who bike or walk to school report more positive emotions than those driving to school.
- Different from other sports or activities, biking lets children and youth get self-regulation in their daily routine by combining exercise with the functional task of getting to and from school.

It's faster than you think.

- Biking is 3-5 times faster than walking.
- Most places within Ajax are within a 15-20 minute bike ride from where residents live.

Save money.

The cost of buying and annually maintaining a bike combined is significantly less than the amount that families spend on gasoline in a year.

Average annual operating cost:



Route options to help you get to school (or other places in Ajax)



Multi-use path



Off-road trail



Buffered Bike Lane



Bike Lane



Shared Facility

Did you know? Different from sidewalks, multi-use paths are wider and are designated for people walking, using mobility aid devices, biking, rollerblading, skateboarding, scooting, and other active types of non-motorized wheeling. Sidewalks are for pedestrians and are made of concrete tiles.

Safety tips: Slow down for pedestrians. Look and communicate with drivers and other users, especially when turning or crossing intersections.

St. Josephine Bakhita Catholic School

ACTIVE ROUTES TO SCHOOL

Here's how many minutes of physical activity you can get into your daily routine by biking to school one-way, based on where you live:

- **Short Stretch Zone:**
~5 minutes
- **Sweet Ride Zone:**
~10-15 minutes
- **Discovery Zone:**
~15-20 minutes

Biking Distance

- 1km Short Stretch Zone
- 2km Sweet Ride Zone
- 3km Discovery Zone

- Crossing Guard
- 🏫 School
- Trails
- Streams
- Parks



Brigadoon P.S Parking Map

 School Site

 Sidewalks

 Trails

Intersection Details

 Stop Sign

 Painted Pedestrian Crosswalk

Parking Information

 No Parking / Stopping

 On-Street Parking

Park and Walk Locations

 4 Walk Time (min)

User must adhere to all applicable municipal and provincial traffic laws and By-laws. Legal parking areas do not guarantee a safe route to school.

