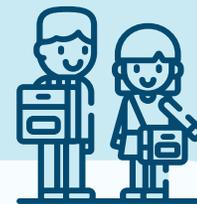


School Active Transportation

A check-list for stepping it up!



Connect with your School Health Nurse



For ongoing support and active transportation resources. Follow [Ottawa Public Health](#) on Twitter for more tips! Check out their [Parenting in Ottawa](#) Facebook Page.

Teach Safety Skills



Book [pedestrian safety workshops](#): e-mail pedsafety@ottawasafetycouncil.ca
Book [cycling safety workshops \(bike rodeo\)](#): e-mail cycling@ottawa.ca

Celebrate Annual Events



iWalk Day in October, Winter Walk Day in February, and Bike to School Week in May! Or, create your own event! Earth Day is a great tie-in.

Empower Students



Check out the [CAA School Safety Patrol Program](#), or become an [EcoSchool!](#)



Encourage Parents



Share active transportation messages. Include [OSTA's Walking Route Maps](#) in newsletters and on social media. Subscribe to and share the [Ottawa School Active Transportation newsletter!](#)

Start a Walk-A-Block Campaign



Create a map that shows a 5-minute walk radius. Encourage families to park and walk the last few blocks to school!

Taking it to the next level!

Walking & Wheeling Wednesdays

Start small. Encourage walking and wheeling one day a week.

Make it a part of your school culture.

Walking Clubs

Start a school club with a walking goal!

Find a teacher to lead the club.



Walking Field Trips

Travel to and from field trip destinations on foot!

Walking is fun, easy, and inexpensive. Students can learn about their community.