



# School Travel Planning

Using active transportation to and from school allows students to be more active every day and reduces traffic congestion around the school

## BENEFITS

- ✓ Improved mental well-being and academic performance as a result of increased physical activity.
- ✓ Reduced traffic congestion around the school and improved air quality.
- ✓ Safer streets for pedestrians and cyclists.
- ✓ Increased school and community engagement.



## What's in it for you?

We will organize a school community walkabout to assess barriers to walking and cycling, and develop an action plan. You will receive a FREE Bike Rack after completion of setup and assessment of conditions.

## What is the next step?

Contact your school Public Health Nurse at **ZZG-SchoolHealth101@peelregion.ca** to learn more about School Travel Planning!

