

It Takes a Village

Active School Travel Enhanced Through a Comprehensive School Health Approach





Supporting Healthy School Communities in Alberta

Vision

All Alberta students belong to healthy school communities that enable optimal health and learning.

Mission

To provide provincial leadership that promotes and supports healthy, active school communities through a comprehensive school health approach.

Priority

Lead, support and connect work towards improved health and learning outcomes of children in Alberta.



Safe Healthy Active People Everywhere

SHAPE is an Alberta wide non-profit organization that promotes the Active & Safe Routes to Schools programs throughout Alberta.

Vision: To see Albertan students choose Active Transportation for the school journey

Mission: To have every Albertan choose safe, healthy, active modes of transportation on a regular basis.



Why Active School Travel?



Benefits of Active School Travel

The Obvious Ones

- increase in daily physical activity for students
- decrease in traffic congestion in school zones, which leads to...
 - a decrease in emissions in school zones
 - an increase in road safety
- more informed school community



Benefits of Active School Travel

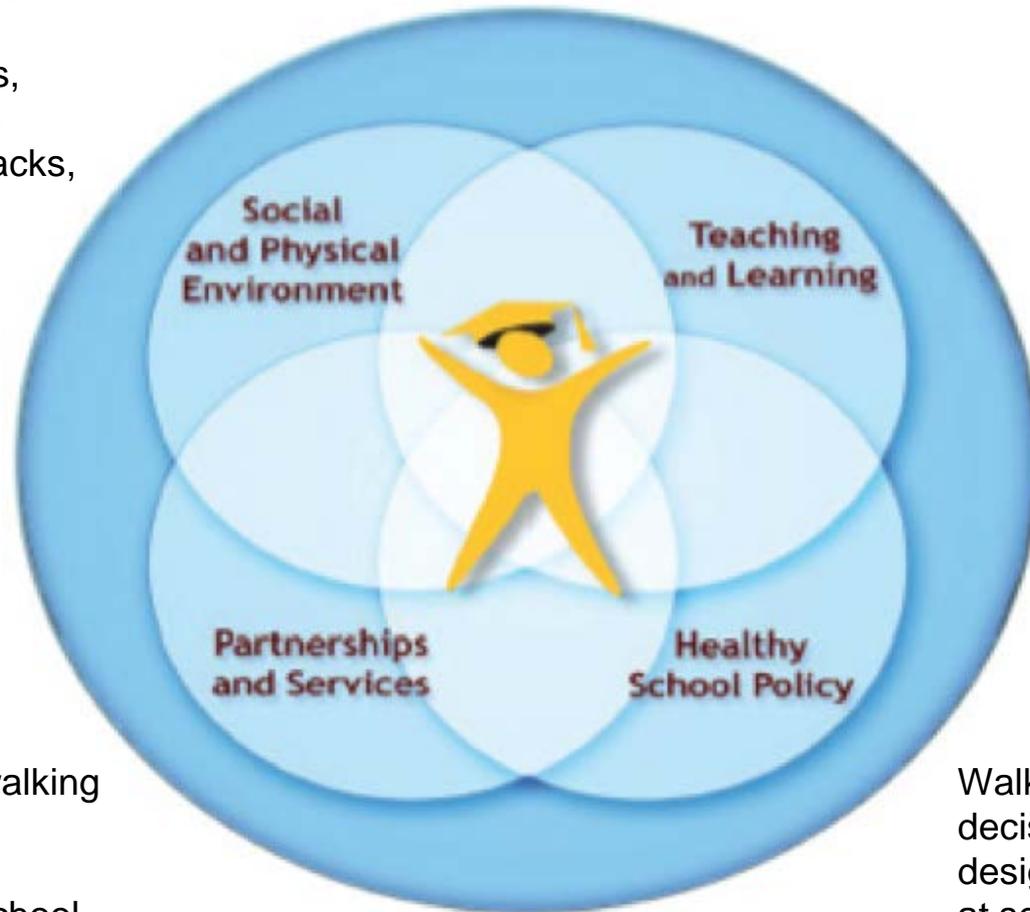
The Not-So-Obvious Ones

- AST builds student competencies
- AST connects and strengthens community
- AST creates safer, healthier communities (more eyes on the street, more parents/families walking or cycling)



AST using CSH

Pedestrian crossings,
sidewalks & signage
Bike shelters, bike racks,
lockers

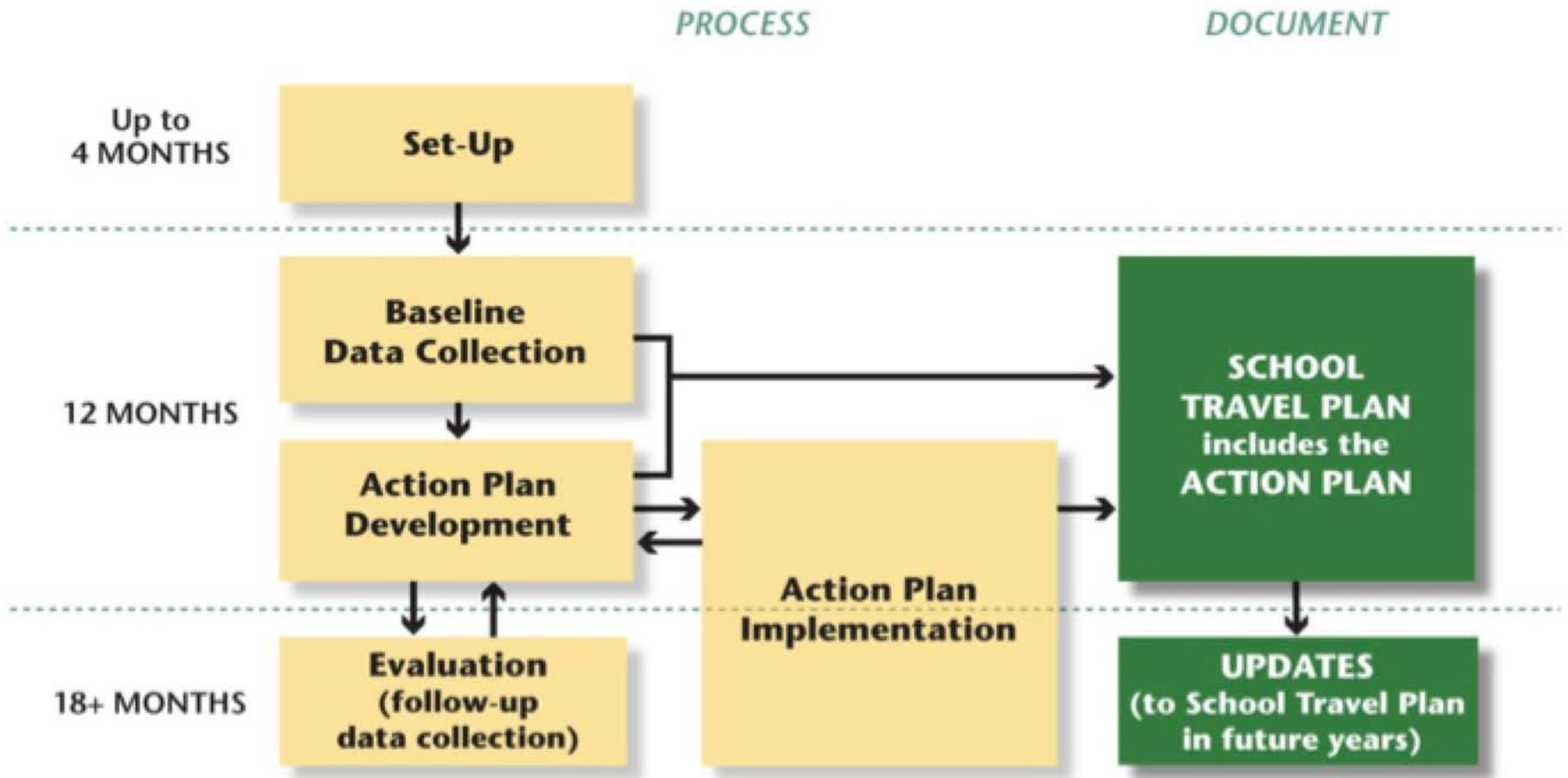


Traffic safety education,
awareness events,
project based learning,
student surveys and
leadership, curriculum
connections

Walking buddies, walking
school busses
Transportation and
supervision staff, school
councils, safety programs

Walk zones, budget
decisions, drop-off points,
designated bike only lane
at school drop off

The Active School Travel Process



Setting Up a Successful AST Project: Community Collaborators and Champions

- municipal Traffic/Transportation and Active Transportation department
- police services
- local pedestrian and cycle safety groups (AMA, local cycle shops, CAN Bike, etc)
- community councils
- Schools: champion administrators, staff, parent council members, and students
- Educational resources (community or online)



Baseline Data Collection

- *School Profile
- *Family Travel Survey
- *Classroom Hands Up Survey
- *Traffic Count
- Traffic Observations
- *Walkabout/Environmental Scan
- Pedometer Study
- Air quality testing (Air Beam)

*<http://ontarioactiveschooltravel.ca/school-travel-planning/school-travel-planning-toolkit/>



Baseline Data Collection

Rules of the Road Education and Traffic Observations



Creating a School Action Plan

- Review baseline data with school steering committee
- Create a list of action items - an action plan - that the school will work toward
- Focus action plan items around the 5 Es:
 - Education, Engineering, Enforcement, Encouragement, and Evaluation

Action Plan Implementation Education



WHAT
DO YOU KNOW
about
STREET SAFETY
in your **COMMUNITY**

Take the survey at:
<https://goo.gl/forms/TVIDddKb0ZbQxvuw2>

Ever Active Schools
SHAPE
safe healthy active
people everywhere

Alberta Government
Traffic Safety Fund

URBAN
systems

Action Plan Implementation

Education

- Alberta Council for Environmental Education (abcee.org)
- Planet Protector Academy's "Keep Cool" lesson plans (<http://planetprotectoracademy.com/in/edmonton/>)
- Inside Education's Clean Air Responsible Schools (CARS): <http://www.insideeducation.ca/cars/>
- Alberta Traffic Safety (<https://saferoads.com>)
- CAN Bike cycling education
- AMA Road Safety Education
- *Way to Be!* Facilitator's Guide



Action Plan Implementation

Engineering/Education



Action Plan Implementation

Engineering



Action Plan Implementation

Encouragement



Action Plan Implementation

Encouragement

- International Walk to School Day, Week, Month (October)
- Winter Walk Day (February)
- Earth Day Walk (April)
- WoW Days (Walk or Wheel, Walk/Wheel on Wednesdays)
- Wheel Week (June)
- Bike rodeos



Action Plan Implementation Evaluation

Follow-up data collection:

- Family travel survey (quantitative and qualitative)
- Classroom hands-up survey
- Traffic Counts
- Pedometer Study
- Air quality testing

Compare with baseline data collection



Putting the ACT in ACTIVE School Travel

A: What will you **apply**?

C: What will you **change**?

T: What will you **teach** others?





Supporting Healthy School
Communities in Alberta

Thank You!

Questions?

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