

At Rick Hansen Public School we continuously promote, support and celebrate **active transportation**. If you live within walking distance of our school, we encourage families to choose any active mode of transportation to get to and from school. Students may choose to walk, ride bikes, scooters or families should consider parking and walking a short distance. As the RHPS community continues to grow and expand - so will traffic around the school. Less vehicular traffic within the school zone and in the parking lot will assist in creating a **much safer environment for students**. Let's all do our part to keep our students, staff and families safe when travelling to and from school.

Page 13 from Smart Commute shows some staggering statistics surrounding drop off and pick up numbers in York Region schools (when compared to other municipalities). See link below:

[http://smartcommute.ca/wp-content/uploads/2016/02/School\\_Travel\\_Trends\\_GTHA\\_En.pdf](http://smartcommute.ca/wp-content/uploads/2016/02/School_Travel_Trends_GTHA_En.pdf)

Benefits of active transportation:

- Promotes physical activity and well being – every step counts!
- Being active helps to prepare students for learning
- Decreases air and noise pollution around the school and community
- Less traffic and vehicle congestions makes the school zone much safer
- Students and families experience social benefits of walking to school – it's fun!
- Parking and walking decreases vehicular congestion in the parking lot

### Healthy Active Living Committee Initiatives

We are a committee comprised of a dedicated team of RHPS staff, volunteer parents and York Region Public Health employees. Our goal is to promote physical and mental health, community safety, nutrition, physical literacy and overall well-being for our students. We meet once per month to strategize on a variety of exciting and engaging events, promotions and themes to continue to promote and bring further awareness to a healthy and active lifestyle. Our team also includes a group of energetic and engaged student ambassadors who help plan and promote healthy and active initiatives and activities within the school.

### Community Connections

We are very fortunate within The Town of Aurora to have a number of new and exciting initiatives that are directly benefitting our school in the promotion of an active and healthy lifestyle. Below are links to community and provincial resources pertaining to active and healthy living and school travel planning:

Town of Aurora – School Travel Planning

<https://www.aurora.ca/TownHall/Pages/Departments/Infrastructure%20and%20Environmental%20Services/School-Travel-Planning.aspx>

Healthy Kids Community Challenge – Aurora

<http://www.windfallcentre.ca/healthykids/>

Activate Aurora

<http://www.beactiveaurora.ca/>

Safe Routes to School

<http://www.saferoutestoschool.ca/>

Safe Walking to School Resource

<http://www.schoolbuscity.com/SafewalkingtoSchool.pdf>

RHPS Healthy Active Living in the news.....

<http://www.newspapers-online.com/auroran/?p=8067>

<http://www.ophea.net/article/working-together-walking-together#.Vu9T2HCSJFU>

<http://www.newspapers-online.com/auroran/?p=4251>

Anti-Idling

[http://www.newmarket.ca/LivingHere/Documents/Anti\\_IdlingBrochure.pdf](http://www.newmarket.ca/LivingHere/Documents/Anti_IdlingBrochure.pdf)

<http://dadacanada.com/>