



Brought to you by the Capital Regional District's People Power program



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Welcome Back!

September is a fresh start to the school year and a great time to try some new ways to travel to or from school. Choose walking or cycling for your family, even if it's once a week or only part of your trip. Active travel has great benefits for health, social development and the environment.

Check out these ideas for promoting active travel at your school:

Best Routes Map: Post your school's "Best Routes" map in a high traffic, visible location for students to see. Encourage families to check the map for the safest walking and cycling routes near them.

Use the Data: Remind students through announcements and posters about the stats that were collected last year in the baseline surveys. Challenge students to increase their use of sustainable transportation options to see if they can increase the number of active trips over last year.

Walk and Wheel Wednesday: Encourage walking and wheeling on Wednesdays by hosting a celebration station at your school with music, games and/or bike and helmet decorating.

Freedom Fridays: Promote active travel as a way to encourage independence for children and youth. Students can buddy up to travel to school together using an informal walking school bus or bike train.



What's New?

We've been working hard to get the areas around your school ready for September! Working with our municipal partners and school district staff, a few changes have been made.

- City of Langford moved a crosswalk closer to the school entrance and is building a connecting sidewalk to make it easier and more comfortable for Ruth King Elementary students to walk to school.
- BC Transit and the District of Saanich are moving a bus stop in front of Cedar Hill Middle School to improve sightlines.
- CRD and ICBC teamed up to raise awareness for drivers to slow down in school zones. Schools have been given lawn signs to remind drivers that it is back to school time and school zone speeds are in effect.
- Municipal staff, school staff and parents reviewed the "Best Routes" maps which identify the best route for students to walk or bike to school. These maps are now available at each school.
- Bike racks and bike kitchens have arrived and School Districts will be installing them at schools over the next month. Look for the bright orange racks as a safe place to lock your bike.

Walk & Wheel to School Week (Oct. 2-6, 2017)

Walk and Wheel to School Week is around the corner! Are you and your school ready?

Track Participation

Each school will receive a large trip tracking poster and stickers to track walkers and wheelers. Make sure the poster is hung in a visible place so that all staff and students can see it.

Reporting Participation

At the end of Walk and Wheel to School Week, take a picture of your poster and complete the follow-up survey for a chance to win some amazing prizes for your school!

Prizes

Participating schools are eligible to win prizes for most walking trips, most wheeling trips and most active social media using #crdwalkwheel.

More information will be posted soon at www.crdwalkwheel.ca



What's Next?

We are in the implementation phase of the school travel planning process. This fall, a number of engagement activities will be held at each of the schools. Schools are planning events and programming such as:

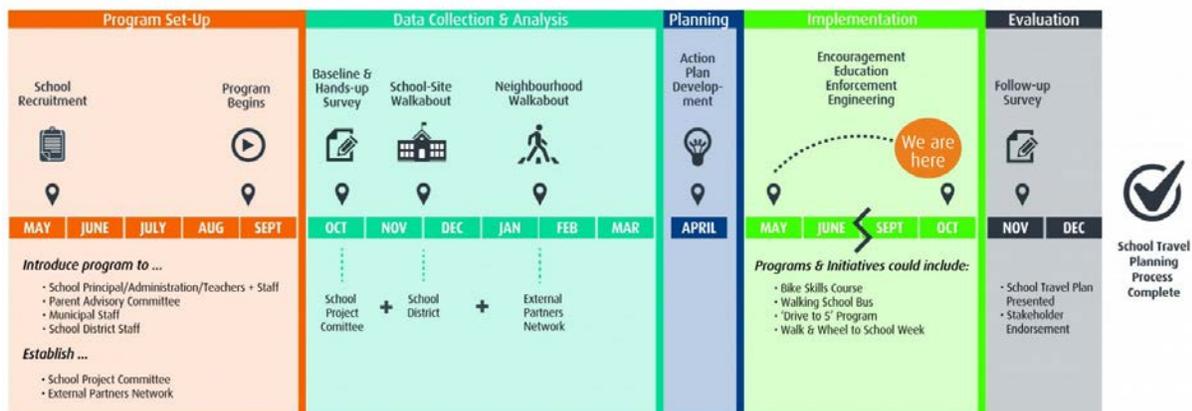
- Drive to Five and walking school buses
- Bike skills courses
- Active Before Learning – Activities to encourage exploration and play while biking or walking to school.

In addition to engagement activities, our municipal and school district partners are continuing to work to implement some of the infrastructure changes that we identified during the walkabouts.

Later in the fall, we will send out the follow-up surveys for parents to complete and return between October 16-27.

Active & Safe Routes to School

SCHOOL TRAVEL PLANNING PROCESS



Facilitator's Corner

Meet our Outreach and Engagement Coordinator.

Name: Megan Squires

Hometown: Calgary, Alberta

Main Mode of Transportation: Bike and car

What are some of your hobbies?

Biking...of course, but really I like any activity that allows me to be outside. I love reading and I'm an aspiring sew-er.

What kind of bike do you ride? Does your bike have a name?

I have 3 bikes at the moment...my favorite is probably my cargo bike. I love riding around Victoria with my kids on the back.

How did you get to school?

I rode transit when I was young. I started walking with friends when I was in middle school and when I got to university I rode my bike.



How did you become interested in active transportation facilitation?

I try to walk or ride my bike most places, and I encourage my kids to do the same. However, riding with them has opened my eyes to the challenges of finding safe and comfortable routes that we can all use. I am motivated to work with communities to create livable neighbourhoods that facilitate active transportation for people of all ages and abilities.

Megan will be out and about at all of the schools over the fall facilitating activities such as bike skills courses, walking school buses and walk and wheel Wednesdays.

[Subscribe](#) to this newsletter. Visit the CRD's Active and Safe Routes to School [webpage](#).



Capital Regional District

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