

Walking and Wheeling is Good for Everyone!

November, 2017

We are excited to announce that we have begun an in-depth School Travel Planning project in partnership with the Canmore Community Cruisers and the Town of Canmore, that will help us determine how we can improve the school journey and encourage more children to walk or wheel to school. School Travel Planning has had much success in increasing children's physical and mental fitness and reducing traffic congestion and emissions at schools across the nation.

This program asks that we share our thoughts and any concerns we may have about the school journey. It will help us to determine any barriers that may impact walking and wheeling to Elizabeth Rummel School. This information will then be shared with a stakeholder committee consisting of people like municipal staff, elected officials, environmental/health professionals, and police. We are hoping to benefit from their support and advice if we need big-picture changes to our enforcement or routes to school.

We will also be collecting data in the classroom on how our students travel to school and conducting a walk-about and bike-about of the school neighbourhood with our stakeholder committee.

Anyone who is interested in joining the committee is encouraged to email the School Travel Planning Facilitator, Lucy Taylor at taylorlucy403@gmail.com.

Please take 8 – 10 minutes with your oldest child that attends this school, to complete this on-line survey on or

<https://www.surveymonkey.com/r/ElizabethRummelBaseline>

before December 19, 2017:

Hard copies will be available upon request. Your thorough and honest responses will make our resulting action plan more successful. Thanks for your help!

You can find out more about School Travel Planning by visiting: <http://www.saferoutestoschool.ca/school-travel-planning>.

Benefits of More Students Walking & Wheeling to School:

- Increased safety
- Improved health
- Arriving alert and ready to learn
- Less stress, greater happiness
- Less pollution
- Reduced traffic congestion at and around the school

