



# St. Patrick Catholic School Cobalt

## Plan your Walking or Biking route

-  School Site
-  School crossing

## Park and Walk Locations

-  Walk time (min)

## Travel time

-  250m = 1 minute
-  250m = 3 minutes

# Route to School Planner

Individual needs and abilities may require students and their families to use a vehicle or an assistive device to travel to school. If you are able, use this map designed specifically for your school neighbourhood to plan an active route to school – it might be closer than you think!

## 1. Safety Tips

**Map out a route from your home to school and practice travelling that route with your child.**

- Point out crossing guards, crosswalks, stop signs, landmarks, safety hazards and friends' homes, in case of emergency.
- Whatever your travel mode, always follow the rules of the road.
- Learn more about active and safe school travel at [ontarioactiveschooltravel.ca](http://ontarioactiveschooltravel.ca)

## 2. What if I live far from school?

- Try parking 5 or 10 minutes away from the school, and walk the rest of the way. You'll avoid traffic and get some exercise yourself!
- Coordinate with a caregiver of your child's friend who lives closer to the school; your children can travel together.

## 3. Active Transportation...give it a try!

**It's healthy...**

- Being active leads to improved physical and mental health.
- Travelling actively to school has been linked to increased alertness and attention in the classroom.

**It's fun...**

- Travelling actively to school is a great way to spend time with family and friends.
- Using an active mode of transportation can be a lot more enjoyable than sitting in traffic!

**It's good for adults too...**

- Each step you take contributes to the 150 minutes of physical activity recommended for adults each week.
- You'll get a bit of quality time with your kids and with yourself.

