

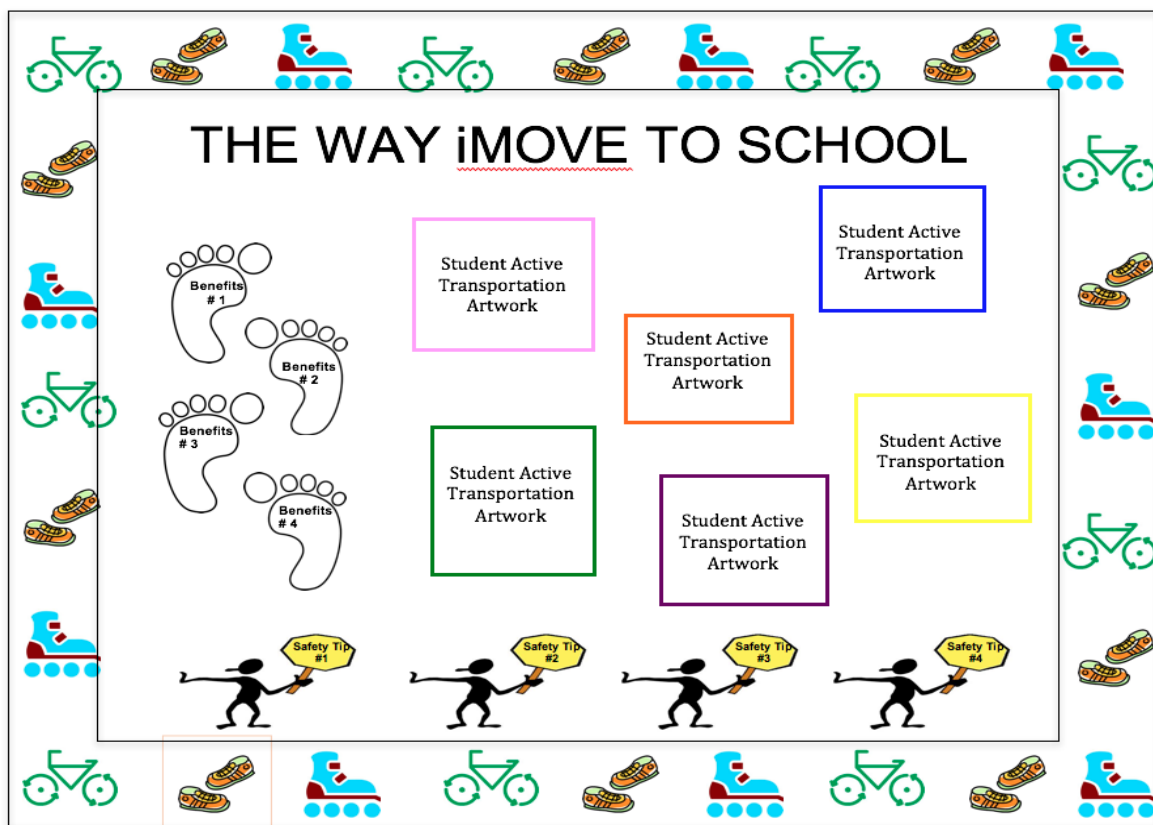
## The Way iMove to School

### Monthly Campaign Bulletin Board

**Theme:**

The concept for this bulletin board is to teach students about the benefits of safe, active transportation to school.

**Bulletin Board Example:**



**Classroom Instructions:**

The idea is to have students in the school community explain different ways to use the body to get to school and explain the benefits of active transportation. The classroom activity will have students take information from the bulletin board and draw a picture of one active way that to get to school.

**Bulletin Board Instructions:**

On the bulletin board, there are four feet displayed that describe some of the benefits of active transportation. The benefits are explained below. The bulletin board also has four diagrams that have active transportation safety tips written on them. The safety tips are below as well. There is also a template for students to draw one way to do active transportation and describe one or two benefits of choosing to move to school instead of taking a car.



## **Four benefits of active transportation:**

1. *Your body was designed to move! Did you know choosing to use your feet to get to school will get your brain & body ready to learn? By choosing active transportation you are waking up your senses by breathing in the fresh air and preparing yourself for a full day of learning. Plus it is one of the easiest ways to make sure you get some physical activity into your daily routine.*
2. *Ever stop to hear the birds or feel the rustle of wind through your hair? There is so much to see and explore within the environment when you choose active transportation. Active transportation reduces air pollution and increases the air quality within your neighborhood. Next time you are using your feet to get to school take some time to enjoy the environment.*

3. *Did you know that distances travelled up to 5 km are traveled more quickly door-to-door by bicycle than by car? Active transportation can be convenient and fun! Cycling to school is one way to do active transportation and can be an enjoyable way to get to and from school.*
  
4. *Active transportation can give you an opportunity to hang out with your friends more. Having a buddy to walk or cycle is a great way to stay motivated to continue to do active transportation. Walking school buses, or cycle groups are safe and fun ways to move to school!*

## **Four safety tips for doing active transportation:**

- 1. It can be hard to know when to safely cross the street. Cars are fast, can be unpredictable, and go at various speeds. Make sure you are at an appropriate marked cross walk looking both ways and do not start crossing the street if you see a car coming. It is best to wait for the car to stop, make eye contact with the driver and then cross the street.*
- 2. Active transportation can be a bit challenging if you do not know how to get from your house to the school. Creating a safe route to school map with your teachers or with a parent is a great way to understand your community and the best way to get to and from school safely! Create a couple different safe routes so that you can add some variety in how you move to school such as a cycle route and a walking route.*

3. *Cycling, inline skating, scooting, & skateboarding are all great ways to wheel to school! Be sure to always wear a properly fitted helmet when cycling and when doing other wheeling activities it is important to protect other body parts with elbow pads and kneepads.*
  
4. *The daylight hours are getting shorter but that does not mean we have to stop choosing active transportation. To keep safe so that cars can see you in the dark make sure you wear some reflective clothing or a reflector or a flashing light on your backpack. Make sure you are seen so that you can stay safe and keep active*

**My favourite way to be active to and from school is**

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