

SCHOOL DISTRICT NO. 51 (BOUNDARY)

P O L I C Y

SECTION	TITLE	NO. 4003
HEALTH/SAFETY	<u>Active Transportation</u>	

DATE ADOPTED: November 8, 2011

DATE REVIEWED: March 13, 2018

The Board of Education believes that the school has an important role to play in promoting the health and fitness of students, their families and the wider community by implementing active transportation policies and initiatives.

Active transportation is any form of human-powered transportation – walking, cycling, in-line skating, skateboarding.

Active transportation provides students the opportunity to be physically active on a regular basis and help them to achieve the recommended 60 minutes of daily, moderate to vigorous physical activity. Regular physical activity can reduce the growing rate of childhood obesity, type II diabetes, and chronic health conditions in later life.

Physical activity prior to the school day helps prepare students for learning by increasing their ability to concentrate on academic pursuits, decreasing anxiety and stress, and increasing socialization. It has similar benefits at the end of the school day.

Active transportation also promotes several societal benefits including social, environmental, transportation and economic.

R E G U L A T I O N S

School District No. 51 will promote active transportation for students through a variety of initiatives such as but not limited to:

1. Partnerships with the Ministry of Transportation, the City of Grand Forks Public Works, and the RCMP to increase road safety and create safe routes to schools.
2. Participation in Walk to School Month (usually October).
3. Educating students, parents, and the community in road safety.
4. Creating no-stopping zones around schools.
5. Establishing “walking school bus” type initiatives.
6. Reducing barriers to walkingⁱ

ⁱ Public Health Agency of Canada (PHAC). What is Active Transportation?
<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/at-ta-eng.php#schools>