



Visit [Canada Walks](#) &
[Sustainable Happiness](#)

Facebook pages!



The Walkolution is growing – keep the momentum going!

In this issue

- [Website Relaunch](#)
- [Vancouver Walk21 2011](#)
- [Alberta Walkability Roadshow](#)
- [Taking Steps Toward a More Walk Friendly Ontario](#)
- [Our Streets Forum: London, Ontario](#)
- [Ontario Communities walkON Wraps up in Ontario](#)
- [On Being Walk-Friendly in Small Town Ontario](#)
- [Wollaston Township and Healthy Canada by Design](#)
- [Momentum for walking growing in nation's capital](#)
- [Transport Canada releases guide to transportation demand management \(TDM\) programs](#)
- [Ontario Schools Support International Walk to School in October](#)
- [York Region's Active & Safe Routes to School program on the move](#)
- [Metrolinx to Extend its Support for STP in the Greater Toronto and Hamilton Area \(GTHA\)](#)
- [The 2011 GTHA Household School Travel Study](#)
- [Schools Embrace Wheeling to School](#)
- [Engaging Youth in Active Transportation Planning](#)
- [Resources](#)
- [Upcoming Events](#)

Canada Walks is an evolving program of Green Communities Canada, which aims to showcase best practice in walkable communities.

2011 was a fabulous year for Green Communities' Canada Walks. We wrapped up our Ontario Communities walkON project in collaboration with 8-80 Cities; we delivered the Alberta Walkability Roadshow in partnership with Walk21 and Alberta Health Services; the Children's Mobility, Health and Happiness project reached a major milestone to pilot our Canadian School Travel Planning model in every province and territory, signing a contract with the Nunavut government; we presented at 16 conferences and trade shows across the country; and we travelled extensively across Canada delivering workshops on the importance of communities designed for walking. The following articles provide an overview of some of our work this year.

Happy New Year from the Canada Walks team.

Website relaunch

Green Communities' Canada Walks is re-launching the Active & Safe Routes to School website – visit <http://www.saferoutestoschool.ca> and check it out. Currently only available in English, we would like to get your feedback on the new site so please email any comments to asrts@sympatico.ca by January 20. The French site will be re-launched in February. You can still access the old French web site at <http://www.saferoutestoschool.ca/oldsite/francais/default.html>.

Vancouver Walk21 2011

Participants from 17 countries gathered in Vancouver for the twelfth annual Walk21 conference in Vancouver, October 3-5 – *Transforming the Automobile City: Walking Steps Up!* The conference hosts created an exciting three days of activities, set in intriguing locations with the mountains and ocean ever present. Green Communities Canada was proud to have been a Gold Sponsor of the conference. Photos, videos, presentations and papers from the conference are available at <http://www.walkmetrovan.ca>.



Following are some personal comments from Green Communities conference delegates' Walk21 experience.

"What stands out for me is not the conference plenaries, workshops, and walkshops, which were fantastic, but spending a whole 8 days without using a private auto. We travelled all around Metro Vancouver including Richmond, Burnaby, and North Vancouver via SkyTrain, bus, ferry, cycling, and first and foremost, by walking! Coming from suburbia in the Greater Toronto area, it was delightful! "

Mandy Johnson, Active By Nature

Green Communities' Canada Walks Consultant Kate Hall presented 'Recognizing Best Practices in Walkability in Ontario Communities,' which reflected on the 2010 Ontario Walkability Award of Excellence, as part of a breakout panel on Evaluating and Recognizing Community Success. It was the first award in the province to recognize communities - urban, suburban and rural - for their efforts to create a culture for walking. Award winners received one free registration to the Metro Vancouver Walk21 conference. Winning communities included Brantford (urban), Aldershot (suburban) and Haliburton/Minden (rural). Here's what our award recipients had to say about their conference experience.

"I first learned about the Walk21 conference through Mandy Johnson of Green Communities Canada. Not only did Mandy encourage me to attend - she also encouraged me to submit a paper to present at the conference. So, I ended up doing both! I am so thankful for the recommendation, encouragement and support from Green Communities Canada. Walk21 was a fabulous event! Experts in their fields gathered from all over the world to share, debate and learn. The energy, enthusiasm and level of commitment to 'get people moving' was extraordinary! I really appreciated the diversity of delegates and presenters. I also really appreciated the effort of the conference organizers. Everyday was full, vibrant, interesting and unique. I also really appreciated sharing my story about universal access and inclusive design which is my life mission. Thank you both Green Communities Canada and Walk21 for providing a fantastic opportunity and platform".

Catherine Smart
Smart Move Training and Development Inc., Clarksburg, Ontario
(<http://www.smartmovetraining.ca>)



Canada Walks Director, Jacky Kennedy, was a panellist in the *Shapeshifters Anonymous* plenary session; a co-presenter in the breakout *Children's Mobility in Canada: Best Practices in Action* with Manitoba's Jackie Avent and Metrolinx' Jennifer Lay; and a panel member on an exciting breakout session on using advocacy to create more walkable communities.

Green Communities was host to a post-conference workshop on October 6 – *The Active & Safe Routes to School Summit* – with funding and support from the Public Health Agency of Canada and the Inter-provincial Sport and Recreation Council. The one-day event was attended by approximately 60 delegates representing Canadian government (federal, provincial/territorial and municipal) and non-government stakeholder organizations as well as several international participants and guest speakers. The full report and presentations from the day can be found at

<http://www.saferoutestoschool.ca/blog/active-safe-routes-school-summit-walk21>.

Refer also to the Fall 2011 School Travel Planning Newsletter at

<http://www.saferoutestoschool.ca/newsletters> for details of the pre-conference workshop for Active & Safe Routes to School, hosted by HASTE BC and held October 2.

Alberta Walkability Roadshow – September 12 to 29

by *Graham Matsalla*

Health Promotion Facilitator, Health Promotion, Disease & Injury Prevention

Alberta Health Services (Graham.matsalla@albertahealthservices.ca)

It's not that Albertans aren't ever physically active - everyone is active at some point in their day - the problem is, Albertans aren't physically active enough.

Alberta Health Services (AHS) (www.albertahealthservices.ca) is focused on improving wellness across the province by promoting healthy choices that support how Albertans live and where they live. This means incorporating physical activity into daily living.



Walkability Roadshow in Red Deer, Alberta

Evidence shows that walkable communities (those who make walking an accessible and easy choice) have many benefits in the areas of health, environment, transportation, community togetherness, fuel dependency, safety and happiness. A walkable community is a good way to increase physical activity.

At the 2010 Walk21 International Conference in The Hague, AHS' Director of Chronic Disease Prevention and Oral Health was impressed by the Canadian results of the Walkability Roadshow. Following the conference, the planning for a Walkability Roadshow pilot in Alberta began.

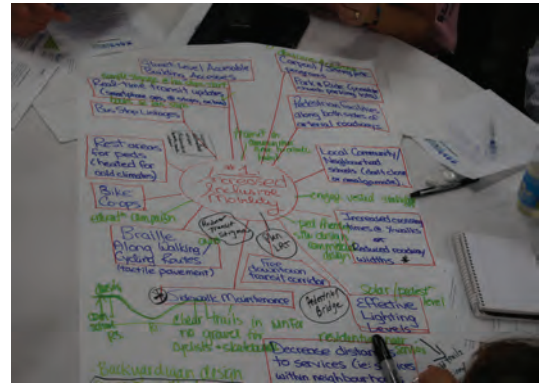
Five Alberta communities participated in the Alberta Walkability Roadshow in September: Red Deer, Lethbridge, Carstairs, Strathmore and Plamondon.

To start the process, each community filled out a benchmarking questionnaire, based on the International Charter for Walking (see <http://www.walk21.com/charter/default.asp>). Results were reviewed via web conferences and the agendas for community visits were finalized. The community visits, led by Green Communities' Canada Walks and Walk21, with AHS staff, consisted of breakfast sessions with senior decision-makers, followed by a full day of training for professionals. On-street walking audits were conducted and visioning sessions with community members rounded off the walkability needs. The results of these walkability workshops will be available through a series of case studies at <http://www.canadawalks.ca> in February. Through this pilot, AHS hopes to take the lessons learned and explore the expansion of the program across Alberta.





On-street audit in Lethbridge, Alberta



Taking Steps Toward a More Walk Friendly Ontario

Creating walkable communities involves a commitment to improving the conditions for pedestrian safety through comprehensive programs, plans and policies.

Thanks to a \$264,480.00 grant from the Ministry of Health Promotion and Sport, Green Communities' Canada Walks is developing an exciting program that will assist communities across Ontario in creating more walk friendly spaces and places. Modelled after the highly successful Bike Friendly Communities program, Green Communities' Canada Walks is developing a Walk Friendly Communities designation program that aims to:

- Encourage the development of walkable communities,
- Provide a framework for what a walkable community looks like,
- Recognize communities for their efforts to improve walkability,
- Educate communities about the benefits of a walk friendly environment, and
- Increase the visibility of pedestrian issues.

Over the next year and a half, Canada Walks will work with a team of professional advisors who are volunteering their time to assist in the development of an online assessment tool and accompanying resources to measure a community's "walk friendliness." Walk Friendly Communities will be launched across the province in the spring of 2013, when cities and towns, large and small, will be invited to apply for bronze, silver, gold or platinum designation.

Stay tuned to our Facebook page for more information as the project unfolds!

[facebook](#)

Our Streets Forum, Oct. 17/18, London, Ontario

by Diane Szoller, Thames Region Ecological Association
and Gail McMahon, London Block Parents Association



London Forum



Our Street London led a locally organized Ontario Communities walkON forum with partners Middlesex-London Health Unit/Healthy Communities Partnership (HCP), City of London and Thames Region Ecological Association, October 17/18. Guest speaker Dr. Rodney Tolley, Director, Walk21, emphasized the importance of walkable communities through a complete streets mentality to enable safe access for all users. Jason Gilliland, Associate Professor and Director, Urban Development Program, University of Western Ontario, spoke about local infrastructure needs and the importance of active transportation access for children. Following the presentation, a panel made up of local groups enhanced discussion regarding

next steps with the key decision-makers. 45 people attended this breakfast session, including City Councillors Denise Brown, Judy Bryant, Herold Usher and Matt Brown. 150 people attended the evening community forum - a fantastic turnout.

Follow-up walkability workshops and train-the-trainer sessions were held in November, facilitated by Green Communities' Canada Walks Mandy Johnson and Kate Hall, to encourage action. Key actions called for a walkability master plan, endorsement of the Toronto Charter (see <http://www.cheori.org/halo/pdf/TorontoCharterFINAL.pdf>) for physical activity and a reduced speed limit policy in school zones and the downtown. The Healthy Communities Partnership has been gathering support for the Toronto Charter this fall so a community process has begun.



Eagle Heights School Walkabout

Mitchell-Hepburn in St. Thomas. Two more London schools started implementation this fall – Eagle Heights and Victoria. We are finding each school has individual challenges, many that pertain to safety. It is promising and rewarding to see the relationship of environment, health and safety come together to show tangible outcomes at these schools.

The forum and subsequent workshop is a perfect fit with the London's Healthy Communities Partnership (HCP) policy priority areas: mental health and physical activity. As well, it complements other local initiatives like the Strengthening Neighbourhoods, Safe Routes to School and a recent Share the Road London Bike Summit. The introduction of School Travel Planning through a regional Safe Routes pilot, supported through the Green Communities national project, has been a catalyst to build on past successes.

Four schools started last year – Holy Family, White Oaks, and Glen Cairn in London along with



Arthur Stringer Public School, London's IWALK event

Ontario Communities walkON Wraps up in Ontario

Green Communities' Canada Walks Ontario Communities walkON project wrapped up in December 2011. The goal of this 3-year project was to disseminate the walkON (see http://www.canadawalks.ca/project_walkon.asp) resources created by public health professionals in Central West Ontario, throughout the province, with funding from the Ontario Trillium Foundation and the Ontario government's Healthy Communities Fund. The project impacted over 30 communities across the province, highlighted on this map: <http://tinyurl.com/bo7fo5q>.

The Ontario Communities walkON project brought international speakers Gil Penalosa, President, 8-80 Cities and Dr. Rodney Tolley, Director, Walk21 into all four regions of the province to deliver thought-provoking community forums and decision maker events designed to create excitement and momentum for making communities more walk-friendly. These sessions were followed up with Train-the-Trainer sessions to provide local leaders with the skills and resources to reach out in their respective communities to build community awareness of the benefits of walkable communities and to stimulate community engagement.



Walking audit in process

The final piece was to deliver workshops based on the Walk21 International Charter for Walking at the community level to move groups of stakeholders towards action. Ontario Communities walkON was a great learning experience for the communities we supported as well as Canada Walks staff. We are extremely grateful to the local champions and hosts all over the province who not only handled the logistical planning for our community visits but also provided food and lodgings and friendship!

Although the project is officially over, the Canada Walks team is available to deliver the various components of the walkON project on a fee-for-service basis. Please contact us at info@canadawalks.ca to learn more.



Mandy Johnson celebrates Ontario Communities walkON wrap-up in London!

On Being Walk-Friendly in Small Town Ontario

Most of us have seen or heard about the active transportation improvements being made in major cities like Copenhagen, New York City, Melbourne, and Bogata. During the Ontario Communities walkON project we were constantly being asked how to adapt big city solutions to small and rural communities. Thanks to this project, we now have examples we can share – here is a sample:

- Blyth, home of the annual Blyth summer theatre festival and the Pioneer Thresher Festival in September, is a community of just under 1,000 people about 90 km north-west of Kitchener. Here, a patch of under-utilized grass on the property of Blyth United Church has been transformed into a peaceful, serene, and welcoming garden with benches.



- Bruce Mines is a small, picturesque community of less than 600 nestled on the North Channel of Lake Huron, 67 km east of Sault Ste. Marie on the very busy Trans Canada Highway (<http://www.brucemines.ca/>). Staff from Bruce Mines attended the Ontarians Walking Now Seminar held in Blind River in 2009. This community completed a revitalization of the downtown area including the highway corridor this fall. It included the creation of a small but beautiful public plaza, widened sidewalks, plantings, pedestrian scale lighting and places to sit. They have received many compliments on the

improvements and note proudly “that you see more people and families walking about.” The local snowmobile club is presently clearing land for a walking trail around the town.



Wollaston Township and Healthy Canada by Design

On December 6, Wollaston Township CAO, Christine FitzSimons, and Councillor Maryann Post presented their innovative work to revitalize Wollaston and create a more walkable, healthy community during a national webinar organized by the Healthy Canada by Design project (www.healthycanadabydesign.ca). About 50 people from communities Canada-wide participated and learned how small communities can create healthy, walkable public spaces. Wollaston started with an overview of the Coe Hill Downtown Revitalization Project, involving the development of a village map locating all of the businesses and services and showing a newly defined 3km “walking circuit”. Wollaston then talked about their “Rural Outreach Program,” funded by the Ontario Ministry of Health Promotion, that provides the community with a substantial menu of free programs such as power skating, spin biking, active theatre, zumba yoga, adult yoga, urban pole walking, soccer, mountain biking, baseball, floor hockey, summer day camp, adult yoga, art workshops, craft classes, and more. To download Wollaston’s presentation see <http://tinyurl.com/7mpnzbq>.

Momentum for walking growing in nation’s capital

by Wallace Beaton, Green Communities Canada, Ottawa

The last half of 2011 saw many signs of renewed interest in and commitment to improved walkability in Ottawa, almost two years after adoption of its comprehensive pedestrian plan.

In late June, Walk21 Conference Director Dr. Rodney Tolley made keynote presentations to the city’s transportation committee and public health staff. He also met with the Medical Officer of Health, delivered a well-attended public lecture and was interviewed on CBC radio. It was all part of the Ontario Communities walkON, a project of Green Communities’ Canada Walks.

In July the city’s Board of Health included active transportation in a new set of strategic priorities, a first for Ottawa. This was followed by adoption of the International Charter for Walking, which was approved by city council and signed by Mayor Jim Watson in late October. In November a “Sidewalk Summit” organized by Councillor Diane Holmes resulted in plans to re-establish a pedestrian advocacy group in the city after more than a decade without one. Finally, the city’s 2012 budget passed in early December included increased capital spending on pedestrian infrastructure.



Ottawa Mayor Jim Watson and Councillor Marianne Wilkinson (Chair, Transportation Committee) sign the International Charter for Walking. The signing is part of renewed efforts to make Ottawa more walkable and pedestrian-friendly.

Transport Canada releases guide to transportation demand management (TDM) programs

by Geoff Noxon, Noxon Associates

More and more Canadian communities are using TDM tools to support their sustainable transportation goals, and a new Transport Canada publication will help them successfully develop comprehensive TDM strategies. *Transportation Demand Management for Canadian Communities: A Guide to Understanding, Planning and Delivering TDM Programs* draws on the collective experience of many municipalities across Canada. The guide addresses the practical concerns of decision makers, managers and practitioners, and is aimed at readers who may be less familiar with TDM including those in small or mid-sized communities. It begins with an introductory chapter on TDM, and suggests a four-step process to planning new or expanded TDM programs. It provides an in-depth discussion of approaches to capacity building, collaboration and communication, and concludes with a descriptive inventory of common TDM approaches and tools. The guide was prepared by Noxon Associates with assistance from ACT Canada, and is available as a free download in both English and French at www.noxonassociates.com/guide.html.

IWALK Events

Schools across Canada participated in International Walk to School events this year. For photos see the Fall STP News at <http://www.saferoutestoschool.ca/newsletters>.

Ontario Schools – register now

iCANwalk to school...can you?
and/or

Winter Walk Day, Wednesday, February 8, 2012

<http://www.saferoutestoschool.ca/registration>



Ontario Schools Support International Walk to School in October

At Sir Isaac Brock Public School in Guelph, we call our event POWER YOURSELF TO SCHOOL DAY. This has been a monthly event at our school for the past 5 years. 19 classes participated with a total of 337/401 students participating=84%. Our goal is 90% this year. In addition to International Walk to School Day our September walk and our regular October walk also had over 80% walkers, this in spite of the rainy weather. Any student who takes a bus to school has the opportunity to walk twice around part of our school property at morning break and many take advantage of this opportunity to be included.

Given that almost half the students at Sir John Bosco Catholic School in Brampton are bused to school, we arrange to have our buses re-routed for the morning. They are dropped off at a community centre a half km away from the school, and then walk the rest of the way to school. It is a fantastic visual to watch over 250 kids all walking to school together!



Students and staff at St. Cecilia C.S. in Toronto held a fun and successful 'Caroling to School' walking event in December. St. Cecilia is one of two Toronto schools participating in the School Travel Planning project.

York Region's Active & Safe Routes to School program on the move

Walk to School planning is now included in the York Region Catholic School District's Healthy Schools and Workplace Policy under Physical Activity. See Section 3.13: "Planning for walkers and bikers within the safe arrival area must be considered to encourage safe walking routes and bike parking."

http://www.ycdsb.ca/trustees/documents/policies/HealthySchools_PhysActivity.pdf

York Region's School Travel Planning (STP) pilot project continues in the Town of Markham at Donald Cousens and Wismer Public Schools while Notre Dame Catholic School in Newmarket is the first pilot STP school for the Catholic school district. Notre Dame families have enthusiastically embraced the challenge with incentives for students, Park and Walk strategies for families who live some distance away, and Walking School Buses that are slowly gaining in numbers. Check out their incredible IWALK event at

<http://www.ycdsb.ca/news/archive/walk-to-school.htm>.

We have a high number of students who are driven to school and want to change parents/guardians' behavior towards driving children to school. Our school is looking to become identified as an ECO school and enrolled in the IWalk program as a step towards reducing gas emission and encouraging healthy lifestyles. Next Wed Oct 26th we are launching our official walk and expanding the walk to include two giant walking school buses and a ribbon cutting ceremony. We are excited about our new weekly golden shoe award. We are beginning to see small changes in how kids come to school and a decrease in the number of cars that enter the Kiss and ride.

Principal Carol Taggio
Notre Dame Catholic School



STUDENTS ARRIVE AT SCHOOL ON THE WALKING SCHOOL BUS

Other York Region schools getting involved in active school travel include Glad Park in Stouffville, Bayview Hill in Richmond Hill, Hartman Public School in Aurora, Prince Charles Public School in Newmarket, and just starting to discuss a program with Maple High School.

Metrolinx to Extend its Support for STP in the Greater Toronto and Hamilton Area (GTHA)

Positive news from the Stepping It Up (www.metrolinx.com/schooltravel) school travel planning pilot project in the GTHA, Ontario: Metrolinx, the regional transportation authority, will continue to support the sustainability of school travel planning and active school transportation in the GTHA beyond the pilot which wraps up in winter 2011. The two-year extension of the work (April 2012-March 2014) will focus on working with a range of partners on:

- Capacity building and transitioning STP into a program with long term goals and targets
- Developing strong leadership locally and provincially
- Moving toward integration of STP into policy and business operations
- Securing sustainable funding for coordination of STP in the region

The 2011 GTHA Household School Travel Study

2011 GTHA School Travel Study Executive Summary

www.smartcommute.ca/media/uploads/pdf/ExecSum2011GTHASchoolTravelStudy.pdf

Full 2011 GTHA School Travel Study Report

<http://www.smartcommute.ca/media/uploads/pdf/2011GTHASchoolTravelStudy.pdf>

Metrolinx, the provincial agency responsible for transportation planning for the Greater Toronto and Hamilton Area (GTHA), conducted the first in-depth GTHA-wide study of children's school travel to and from elementary school in fall 2009. The study gathered information on school travel behaviour and related views and attitudes from approximately 1,000 GTHA parents and guardians. The 2011 school travel study gathered further information about the barriers to active and sustainable school travel modes, such as walking and cycling, and about potential supportive measures that would promote greater use of these modes by families for school travel. The following are some key findings of the 2011 study based on parental responses:

- Overall, 36% of GTHA elementary school children walk to school, 32% are driven and 24% ride a school bus, 1% cycle and 3% travel in a carpool. On the way home from school 40% of children walk and 26% are driven.
- Walking and public transit use for elementary school travel are highest in Toronto. The proportion of children driven to school is highest in Durham Region, and the proportion using a school bus is highest in Halton Region. Thirty-seven percent of Toronto parents said they live within one kilometre of their child's school, while 27% in Durham and 25% in Halton said the same.
- A key target segment for walking initiatives is the 20% of parents whose child is driven to/from school by car, and lives within a two-kilometer distance of the school ("Close Drivers" segment). Other target segments include: 1) 6% of parents who drive their child, live beyond two kilometers from the school, and say school bus service is available to their child ("School Bus target" segment), and 2) 11% of parents who drive their child, live further than two kilometres, and say they would be comfortable with their child travelling in a carpool to school ("Carpool target" segment).
- Parents from the three target segments said the single most appealing option for their child's school travel is having their child walk to school with an organized group.
- Eighty percent of parents from the Close Drivers segment said at least one of the following measures would greatly increase the likelihood of their child to walk or bike to school: 'well-maintained sidewalks to school', a 'school closer to home', 'crossing guards and marked crossings in front of the school', 'safety signage around schools', 'slower speeds around schools', and 'before or after school supervision'.
- A third of parents from the Close Drivers segment said they would be extremely likely to use each of the following resources if they became available: a 'Walking School Bus' and a 'matching service for connecting with other parents for walking to school'.

The 2011 study is a key research component of the Stepping It Up pilot project, a partnership of Metrolinx, the Region of Peel, the City of Hamilton, Green Communities Canada, and the University of Toronto, with funding from Transport Canada's ecoMOBILITY program. The

pilot project is identifying the possibilities for enhancing and encouraging use of active and sustainable travel options for students and school staff. The study will help inform school travel initiatives during and beyond the pilot project.

For more information on the Stepping it Up pilot project, please visit www.metrolinx.com/schooltravel.

Schools Embrace Wheeling to School

The Wheeling to School pilot project is putting the wheels in motion at four southern Ontario elementary schools: Mitchell Hepburn Public School, St. Thomas; St. Lawrence Catholic School, Hamilton; Shepherd Public School, Kitchener; and Eastdale Public School, Woodstock.

The project, a collaborative of Green Communities Canada and Share the Road, is assessing barriers to cycling through data collection, mapping the best cycle routes, training students and adult leaders, initiating 'cycle trains', installing secure bicycle parking, evaluating the project and creating a case study of the process and its results.

Mitchell Hepburn, St. Thomas, launched their project with a Fall Family Cycle event - a record 88 students cycled to school, filling the school's two bicycle racks to overflowing. On the community cycle-about, St. Thomas students were quick to point out the shortcuts they use to get to friend's houses and helped tweak the routes to utilize some off-road shortcuts.

Schools in Kitchener and Woodstock are just beginning the project and have sent some surveys home and are busy forming a committee of dedicated students, teachers and parents. They will conduct their route evaluations in the winter if weather permits or in early spring!



St Thomas Cyclabout



Engaging Youth in Active Transportation Planning

Active transportation can be challenging for youth in rural communities due to travel distances between locations. In the fall of 2010, staff at the Grey Bruce Health Unit and the Hanover/Walkerton Active Transportation Committee initiated a project called "Youth Moving Safely with Active Transportation" to engage youth in a conversation about their attitudes towards active transportation and their transportation choices. During the project youth participated in focus groups and used our Walkability Checklist (www.icanwalk.ca) to assess their community's walkability.

Although the youth identified both overall health and financial gains as motivators for behaviour change, they also noted that improvements need to be made to the built environment within their towns. In particular, youth identified that providing quality sidewalks, appropriate crossings, safe vehicle speeds, attractive surroundings and places to rest would increase their opportunities for active transportation in Hanover and Walkerton.

http://www.publichealthgreybruce.on.ca/Healthy_Communities/Active_Transportation.htm

Resources:

- **Couch potato in-training?**
People for Education have released a healthy school questionnaire to help schools assess the health and physical activity levels of their students. See <http://www.peopleforeducation.ca/what-can-i-do/resources-and-toolkits/> to download a copy of the resource.
- Schools can sign up for the Ministry of Education's Healthy Schools Recognition Program – participation in Active & Safe Routes to School earns points!
<http://www.edu.gov.on.ca/eng/healthyschools/foundations.pdf>.
- **Active Healthy Kids Canada** releases the Ontario Supplement to the 2011 Report Card on Physical Activity for Children and Youth - <http://www.activehealthykids.ca/>.

Upcoming Events:

OPPI Active Transportation Symposium: <http://tinyurl.com/7etaswx>.

Our Partners:



Canada Walks
Tel: 416 488.7263
Toll Free: 1 877 533.4098, ext. 411
Fax: 416 488.2296
Email: info@saferoutestestoschool.ca