

# WALK, BIKE OR ROLL TO SCHOOL

*As part of CCSD's Safe Routes to School grant, we encourage you to consider the many benefits of safe, active transportation to and from school for you, your children and our community!*

## Students who walk, bike or roll to school

- Exhibit increased concentration on academics after getting physical activity
- Help reduce traffic congestion, pollution and stress during school drop off and pick up times
- Are more likely to get the recommended 60 minutes of daily moderate to vigorous physical activity
- Develop a better sense of direction and connection to their community
- Gain confidence and independence when old enough to travel alone or with friends
- Spend quality time with a parent or caregiver when accompanied by an adult

## What can you do to support safe, active transportation to and from school?

- Teach children rules of the road, use crosswalks and practice safety at all times
- Always wear a helmet when biking, riding a scooter or skateboarding
- Organize a walking school bus where a group of students meet and walk together with adult supervision
- If you live far away, park a distance from school and walk the rest of the way
- Walk, bike or roll to school at least one day a week with your child or encourage them to go with friends
- Learn more by checking out the links below

*Click the topics below for research summaries and more information:*

Safe Routes to School Programs

Pedestrian and Bicycle Information

Educating Pedestrians and Bicyclists

Physical Activity and Academic Performance

