



News Release

FOR IMMEDIATE RELEASE

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Walk to school solves traffic danger, inactivity, climate change

Halifax – Students, parents and staff at Basinview Drive Community School in Bedford hoofed it to school today in honour of International Walk to School Month. About 115 schools across Nova Scotia will take part throughout October. The event raises awareness about the physical activity, safety and environmental benefits of walking to school.

“The event invites students and their parents, who might otherwise drive the family car to school, to give walking a try,” says Janet Barlow, Active & Safe Routes to School Coordinator of the Ecology Action Centre. “If the route is safe and it’s not too far, perhaps they’ll choose walking more often.”

Basinview celebrated by designating three gathering spots in the surrounding community where students met before school. They then walked to school with staff and parents. The event is for schools with walking or bussed students; bussed students participate in walk *at* school events.

Walk to School Month is particularly relevant to Basinview. The school is working with Active & Safe Routes to School of the Ecology Action Centre to create a School Travel Plan. Basically, a School Travel Plan is a mini active transportation plan. School and community stakeholders write and carry out a plan to make it easier and safer for more students to walk or cycle to school.

“It’s so important for children to get regular physical activity. Walking to school is a great way to make daily activity part of a child’s daily routine,” said Maureen MacDonald, Minister of Health Promotion and Protection. “A simple, daily walk to school can help children live healthier lives, and avoid future chronic health problems.”

Not only are there safety and physical activity benefits of walking to school, it’s also an environmentally-friendly form of transportation. By leaving cars at home, families reduce tailpipe emissions that effect local air quality and contribute to climate change.

International Walk to School Month is an initiative of [Active & Safe Routes to School](#), coordinated in Nova Scotia by the [Ecology Action Centre](#) in partnership with the [Nova Scotia Department of Health Promotion and Protection](#) as part of the Active Kids Healthy Kids Initiative.

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