



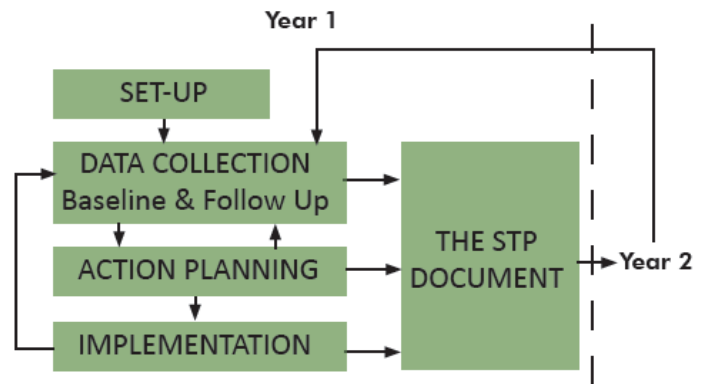
Children's Mobility, Health & Happiness: A Canadian School Travel Planning Model

Bringing communities together

In many of our communities today, planning for cars has become commonplace. This results in more reliance on vehicles to get around, less active lifestyles, increased health concerns such as obesity and heart disease, and decreased safety on our streets. But is another reality possible? Can we plan our communities to support more active forms of transportation? And can we help our children grow up understanding the value of being active? School Travel Planning (STP), is based in the belief that the shift toward more active lifestyles is possible for any community. Across Canada, and around the world, schools and their communities engaged in the STP process are reaping the benefits of more active children. Benefits include decreased pollution and traffic issues around their schools, increased mental alertness in the classroom, increased safety, and children who are happier, healthier and more excited to learn!

Overcoming active travel barriers with a comprehensive, flexible process

School Travel Planning gets the whole community working together to remove physical and attitudinal barriers to active school travel and establishes strategies that encourage the use of active transportation. With STP, active school travel becomes a realistic choice for a greater number of families, while educating citizens and pooling community resources efficiently. Under the guidance of an STP Facilitator, the STP process flows through five phases (see diagram to the right):



Multiple stakeholders cooperate to take action

All community stakeholders come together to work on School Travel Planning:

- School district representatives
- Transportation planning/engineering professionals
- Public health professionals
- School administrators and staff
- Parents/caregivers, students and local community members
- Police departments



School Travel Planning in Canada

Spearheaded by Green Communities Canada, STP was pilot tested in Nova Scotia, Ontario, Alberta and British Columbia. It resulted in the creation of a model framework and a comprehensive STP toolkit. STP is now being expanded to every province and territory across Canada. For details about the national project, visit www.saferoutestoschool.ca/schooltravel.asp.

School Travel Planning in Nova Scotia

The STP process started in HRM, and expanded to six new schools Cape Breton and seven more schools on mainland NS in 2010. For details about STP in Nova Scotia, visit <http://saferoutesns.ca/index.php/planning/the-program-five-easy-steps>.

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