



CARE FOR YOU.
CARE FOR OUR EARTH.



Active health and safety

Walking and rolling to and from school safely is a great way to build physical activity into your daily routine. Regular physical activity supports your health and well-being, and can improve academic performance.

More information can be found here:

- FraserHealth.ca - Physical Activity for Children
- ICBC.com - Teach Road Safety
- BCCC.BC.ca - Bike Sense, The How to Guide
- CSEPGuidelines.ca - Children and Youth 24 hour movement guidelines
- GoByBikeBC.ca Learn2Ride Online (free)

Your daily bike maintenance **ABC's** :

Air Brakes Chain

What you need to ride:

- Lights
- Bell
- Helmet

Support our earth

Walking and rolling are forms of active travel that can help reduce household vehicle emissions.



Traffic-related air pollution and its impacts on both health and climate change can be reduced when we walk and roll.

Best routes to school

Your map has all your options:

- Take the closest Best Route with friends and family.
- Taking the bus also creates opportunities to walk or roll!
- Get to know your community and how to navigate it year-round.

Drive to 5+

- If walking or rolling from home isn't an option for you, drive partway, park safely and walk 5-10 mins.
- From a safe parking location, students walk or roll the rest of the way to school with friends and family!
- Drivers avoid time caught up in traffic at the school drop-off zone; you help keep students safe.



View your Best Routes map for:

Blott Street at Kinsmen West Park

Walk, make friends and get to know your neighbourhood

Always ensure vehicles stop, make eye contact with the driver before crossing the road

Leave your phone alone, you need to see and listen to your surroundings

Kick off your day with physical activity to help improve your memory and attention in class!

Reflective accessories help you be seen on dark days, wear them on your pack and clothes

Obey the law, wear a helmet when you ride your bike – it protects your brain

Let pedestrians know you are coming, ring your **bell** or **yell** before you roll by

Like how you feel, outdoor activity helps your mind and body feel strong!

Best Routes to School are developed based on information received from the school community and municipality. They are chosen to use the safest road crossing points and to enable more people to walk and actively travel in their school neighbourhood.



WEST HEIGHTS
ELEMENTARY SCHOOL



Best Routes to School





West Heights Elementary School

Best Routes

- Best Walking Route (sidewalk at least one side of road)
- Best Connecting Route (no sidewalk)
- Best Trail Route
- School
- Suggested Meeting Point for Walking/Cycling Groups
- 'Drive to 5+' (5 minutes or more walk to school)
- Suggested Group Walk Route
- Traffic Signal
- Special Crosswalk -push button activated flashing beacon
- Marked Crosswalk
- Bike Way
- Trail / Walkway
- Transit (closest to school)

Scale July 2024



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