Active, Safe and Sustainable Transportation:

How to rock your EcoSchools Application

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TDSB EcoSchools Kick-offs
Toronto, Ontario
October 2019

Ontario Active School Travel

Green Communities CANADA

Toronto District School Board

This workshop will focus on:

- What is ASST and why do we care about it?
- Reviewing the ASST-specific Requirements for Section 6 of the EcoSchools program
- Learning about the “5Es” of ASST
- Planning for your ASST-focused Community Engagement Project

If you would like a copy of this presentation, I will provide a link to a Google drive folder at the end of this presentation.

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How did you get to school?

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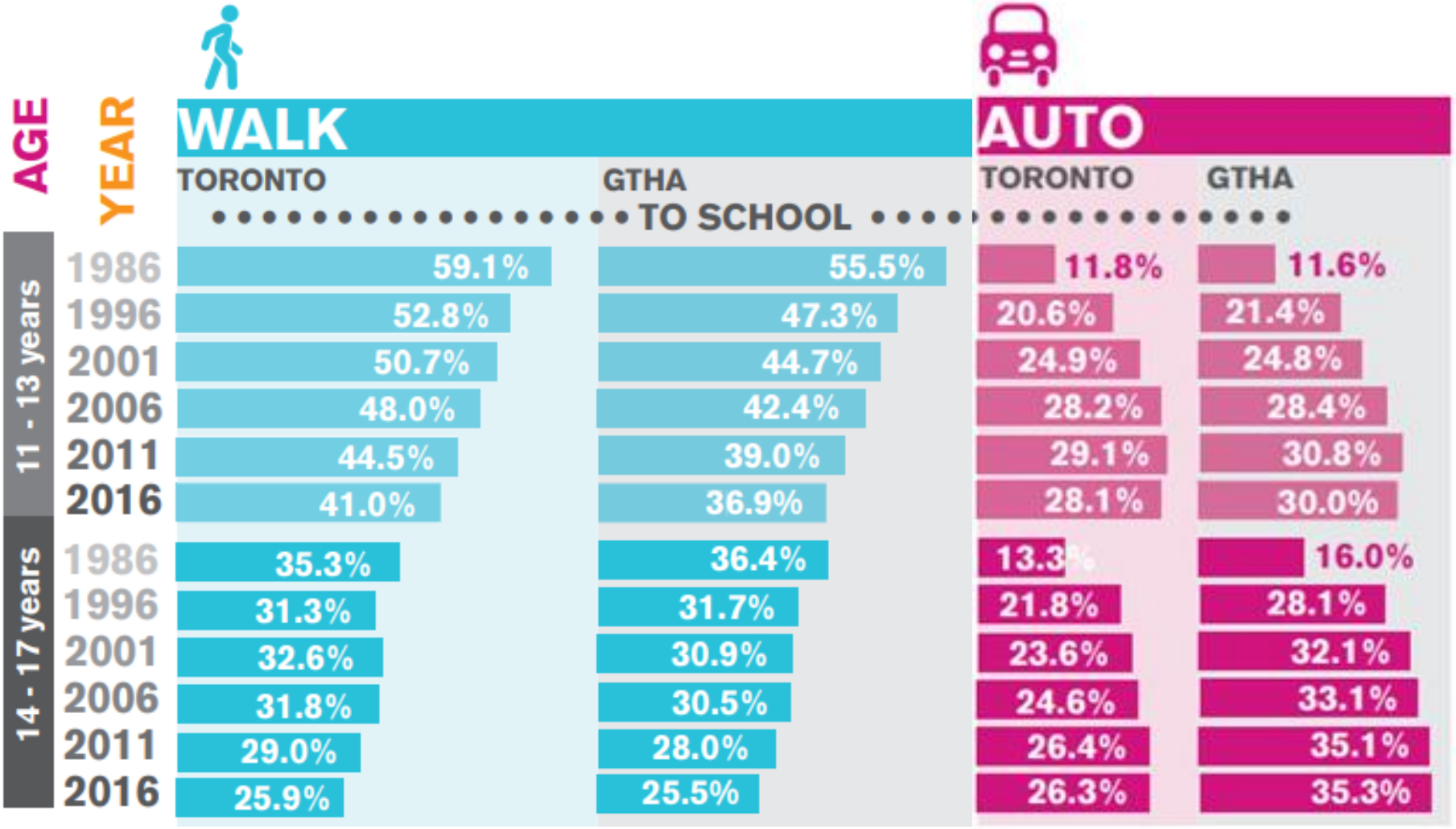

From “School Travel in the City of Toronto: A Report on Trends”, published by Metrolinx in July 2018.

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Active, Safe and Sustainable Transportation

Physical Activity & Mental Health

Less Traffic & Pollution

Alertness & attentiveness

Community Connections, Safer School Zones

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Traffic Congestion: Dangers and Costs

Degraded local air quality

- Children experience the negative impacts of air pollution at lower concentrations compared to adults

Alienates us from each other

- "Everyone is in my way!" Vs. "There's that mother I always see walking with her son to school - I'm going to go say hi"

Road Rage:

- Frustration, dangerous behaviour

Poor Visibility:

- Vehicles blocking the view of other road users

EcoSchools Requirements:

- Section 6 asks schools to:
  - Survey current school travel practices
  - Take action to create and promote a healthy and safe environment, in terms of school travel

- Section 6- 1 Portfolio requirement
  - Up to 3 community engagement projects, **one of which must be school travel focused**
  - Events should showcase **Environmental Learning** (i.e. has a clear and well-communicated connection to the environment) and **Environmental Action** (i.e. it should aim to involve the whole school community in active participation)

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EcoSchools Rubric- Section 6.8

- For a **Level 4 Score**, EcoSchools Auditors will look for:

1. Survey: Different surveys sent out to target different audiences- staff, students, parents, AND
2. 80% of school participates in survey and in one of the campaigns, AND

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EcoSchools Rubric- Section 6.8

AND 3 of the following:

- Surveys analysed, themes identified, specific goals are set. Actions result in a measurable improvement within the school (e.g., awareness, behaviours)
- Survey results are communicated in a variety of ways to celebrate successes, motivate action and inform personal actions
- Pre and post campaign survey
- Campaign raises awareness, celebrates successful practices, or encourages action in three or more areas (e.g., safety, health and wellness, biking, walking, vehicle use, traffic congestion, idling, CO2 emissions, smart commute, community awareness)
- Campaign is a week-long event or is organized over 5+ days during the course of a year

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EcoSchools Rubric- Section 6.8

AND 3 of the following (continued)

- Multiple opportunities during year to promote ASST (e.g., walk on Wednesdays, winter walk, bike to school month)
- Campaign involves all levels of the school staff and students (i.e., all grades/classes, caretaking, admin, support and educational staff) and outreaches to community
- All staff and students are given suggestions to improve practices and can participate in school specific activities (contests, assemblies, incentives, monitoring, social media, film screenings, guest speakers)
- Education resources are made available for classes to reinforce and teach ASST message
- The team formally reflected on the effectiveness of campaign (e.g., campaign reflection tool)

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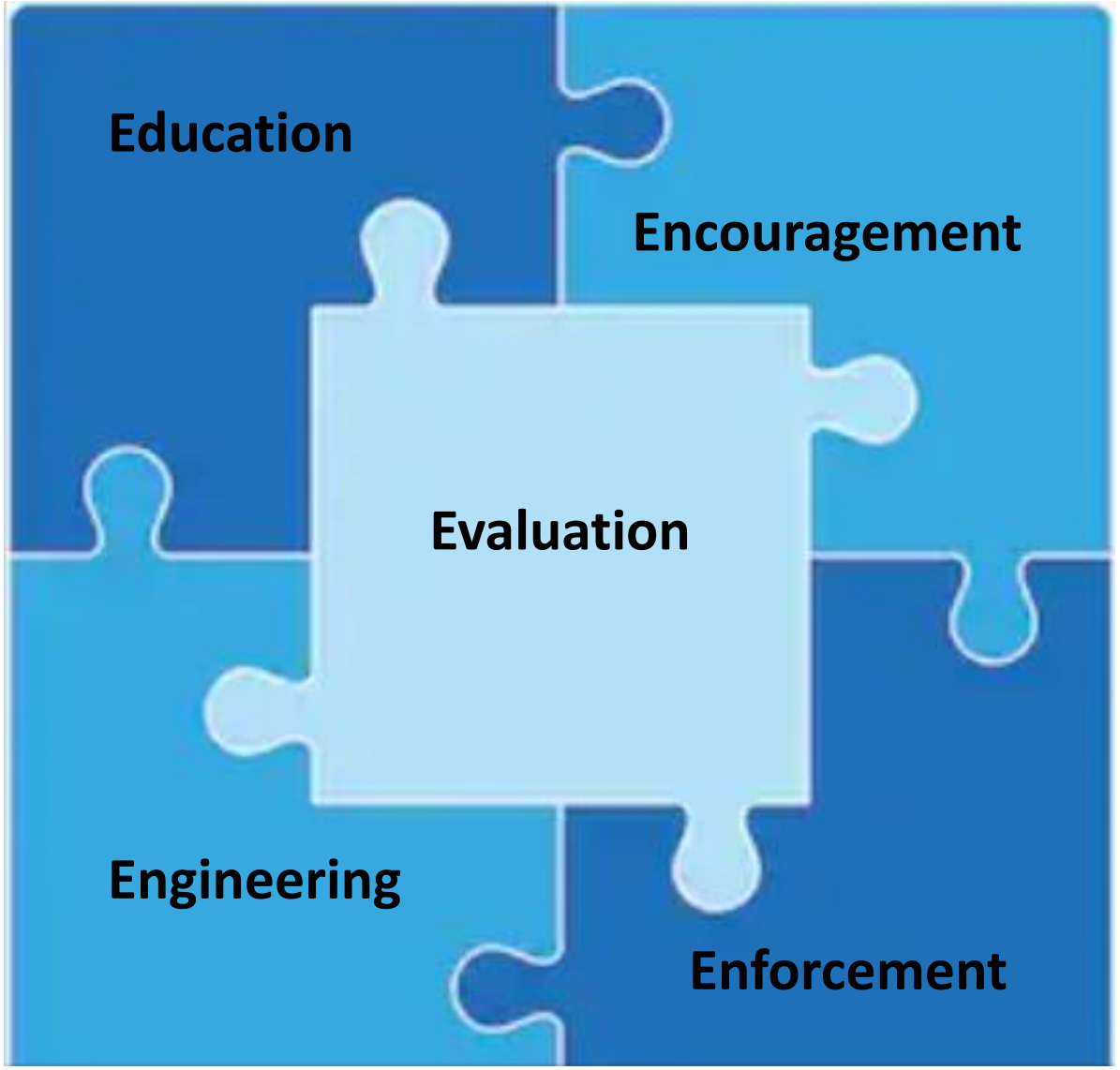
Steps to Success

for

School Travel Planning:

The 5 Es



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Consider Equity

- How will you ensure your project(s) are inclusive of all members of your school community?
- Consider:
  - Culture
  - Ability
  - Gender
  - Distance from school

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Evaluation

Goal:

Use data to design effective solutions, measure success, and demonstrate impact.

Think: What do we want to find out?

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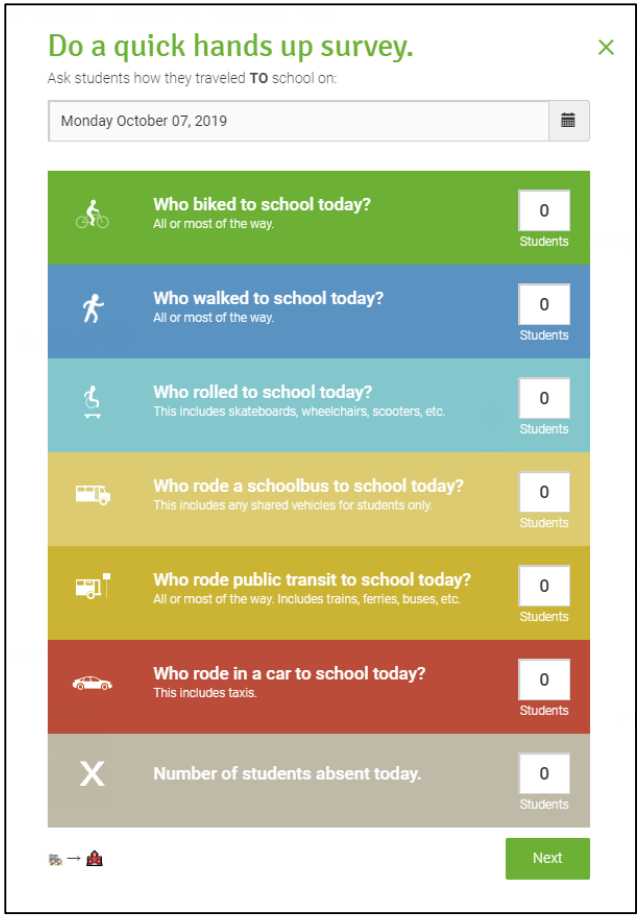
Student Travel Survey



Tool:

- https://bikewalkroll.org/
- Best used on a laptop or tablet
- Get a “Bike-Walk-Roll” score for your school- results in real time

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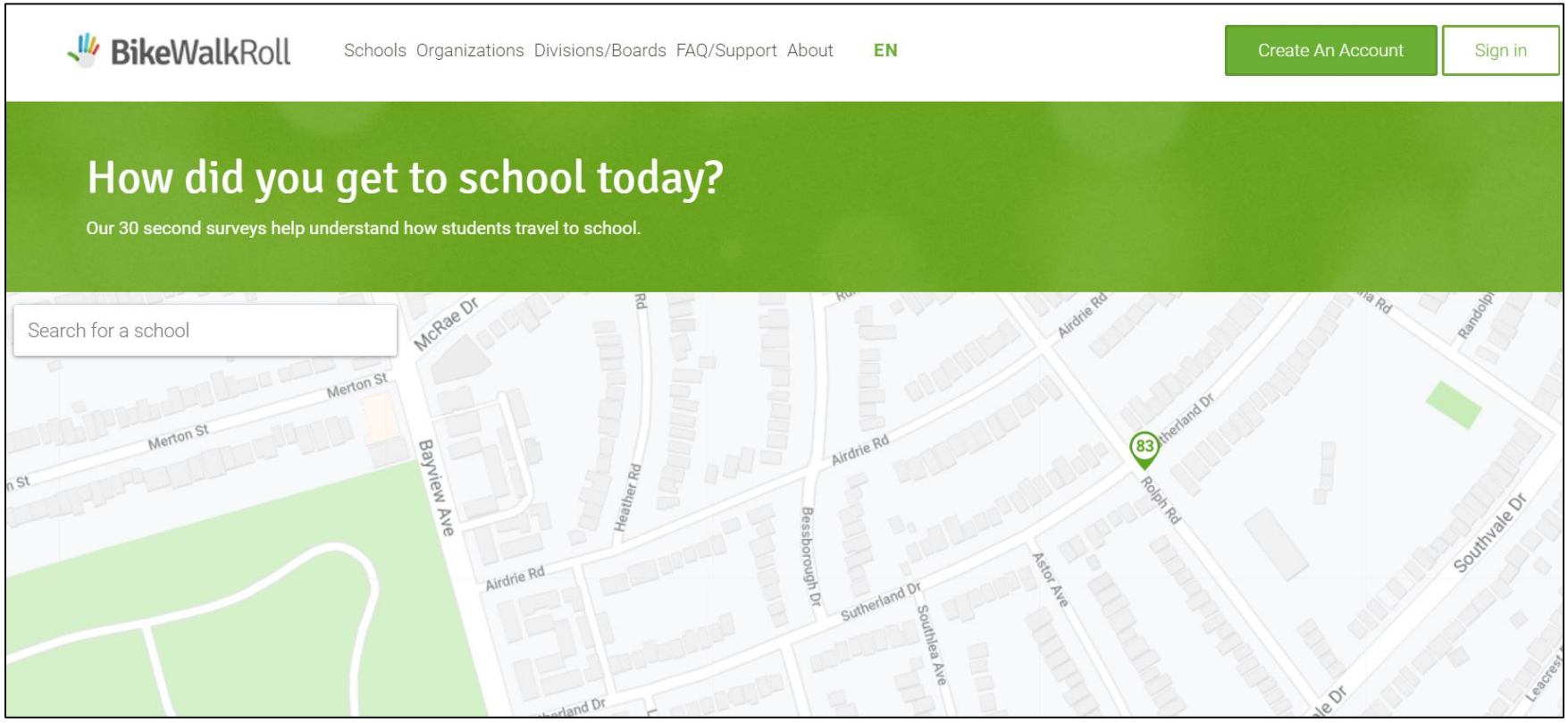
Student Travel Survey



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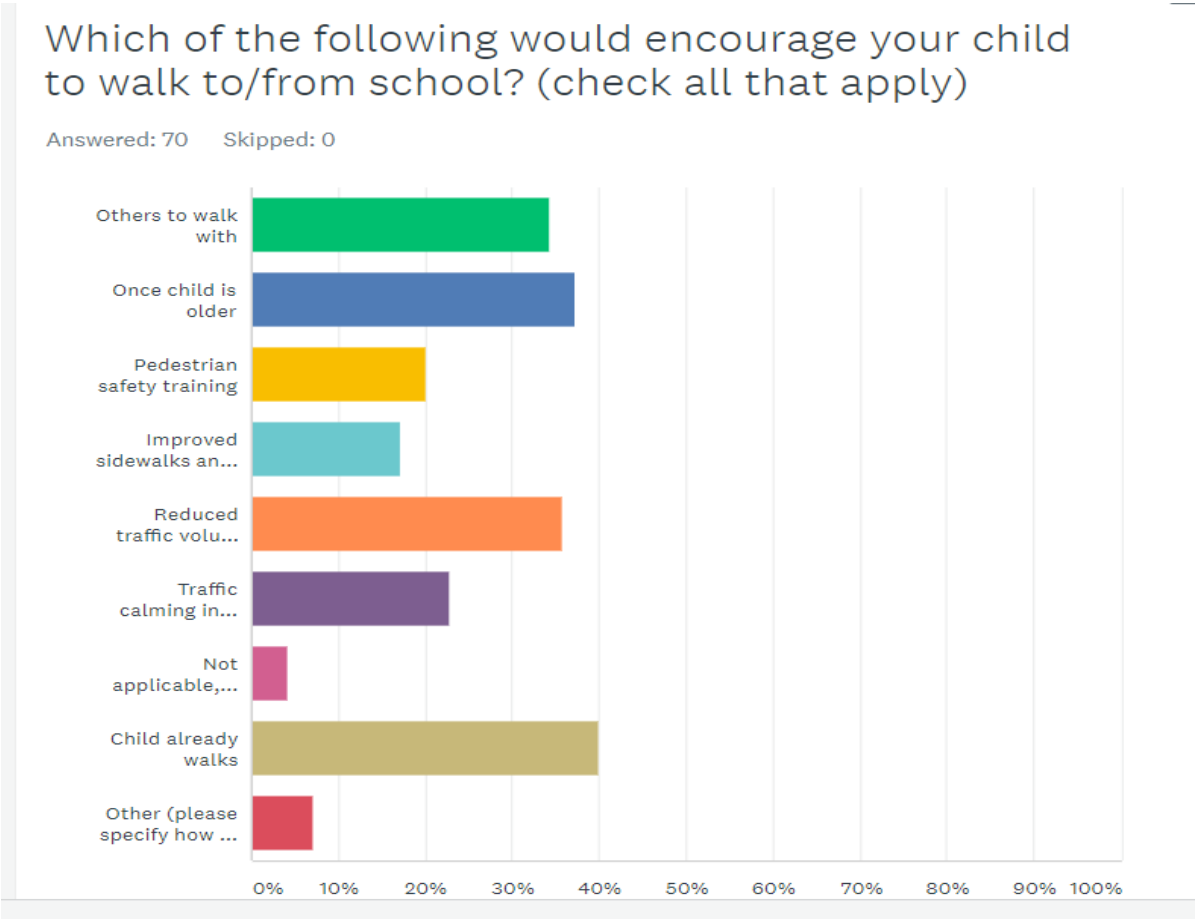
Family Travel Survey



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From Rubric:

- Surveys analysed, themes identified, specific goals are set. Actions result in a measurable improvement within the school (e.g., awareness, behaviours)

- Survey results are communicated in a variety of ways to celebrate successes, motivate action and inform personal actions

Education

Goal:

1. Foster the skills, confidence, and awareness to allow students to walk and wheel to school safely;

2. Raise awareness about the benefits and importance of active school travel among the school community.

Think: What are the lessons that we want to promote? What will resonate with our school community?

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Cycling Education

Bike Racks | **Cycling Education Programs**

ake active, safe and sustainable transportation a larger part of
Support Program was developed to assist schools in addressing
rts.

Schools can now apply to have a skills-based cycling education program presented at their school, free of charge.

What is the timeframe?

February 28th	**Deadline to submit application**
March	Schools are notified
April – June	Programs are delivered

Go to:
https://www.tdsb.on.ca/ecoschools/Home/Enrich-your-Program/Cycling-Supports

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Cycling Education

- Bike Rodeo or Active Transportation Rodeo

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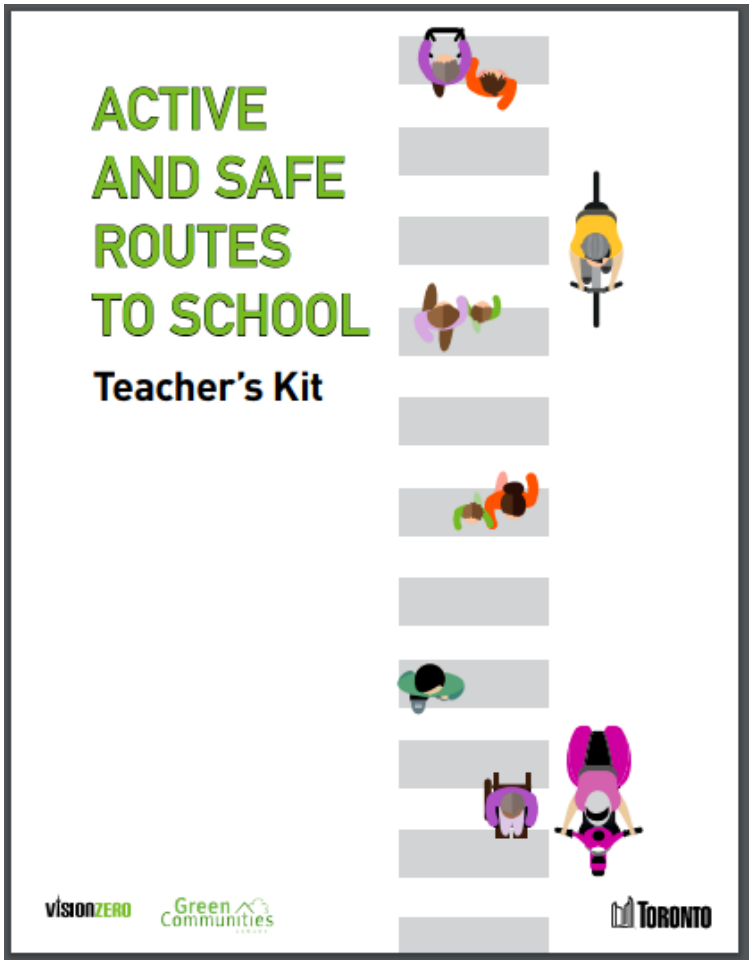
Resource for Teachers

- Curricular
- Extracurricular
- Supplementary resources



Available at:

https://ontarioactiveschooltravel.ca/steps-to-success-the-5-es/

→ Go to "Education" tab and scroll to "Resources for Teachers"

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From Rubric:

- Campaign involves all levels of the school staff and students (i.e., all grades/classes, caretaking, admin, support and educational staff) and outreaches to community

- Education resources are made available for classes to reinforce and teach ASST message

Encouragement

Goal:

Inspire students, parents and school staff to try or maintain active travel modes.

Think: What activities will be exciting, fun and interesting for our students, staff and parents? How will we build a sense of connection among members of our school community?

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Winter Walk Day

Go to: https://ontarioactiveschooltravel.ca/walk-and-wheel-events/

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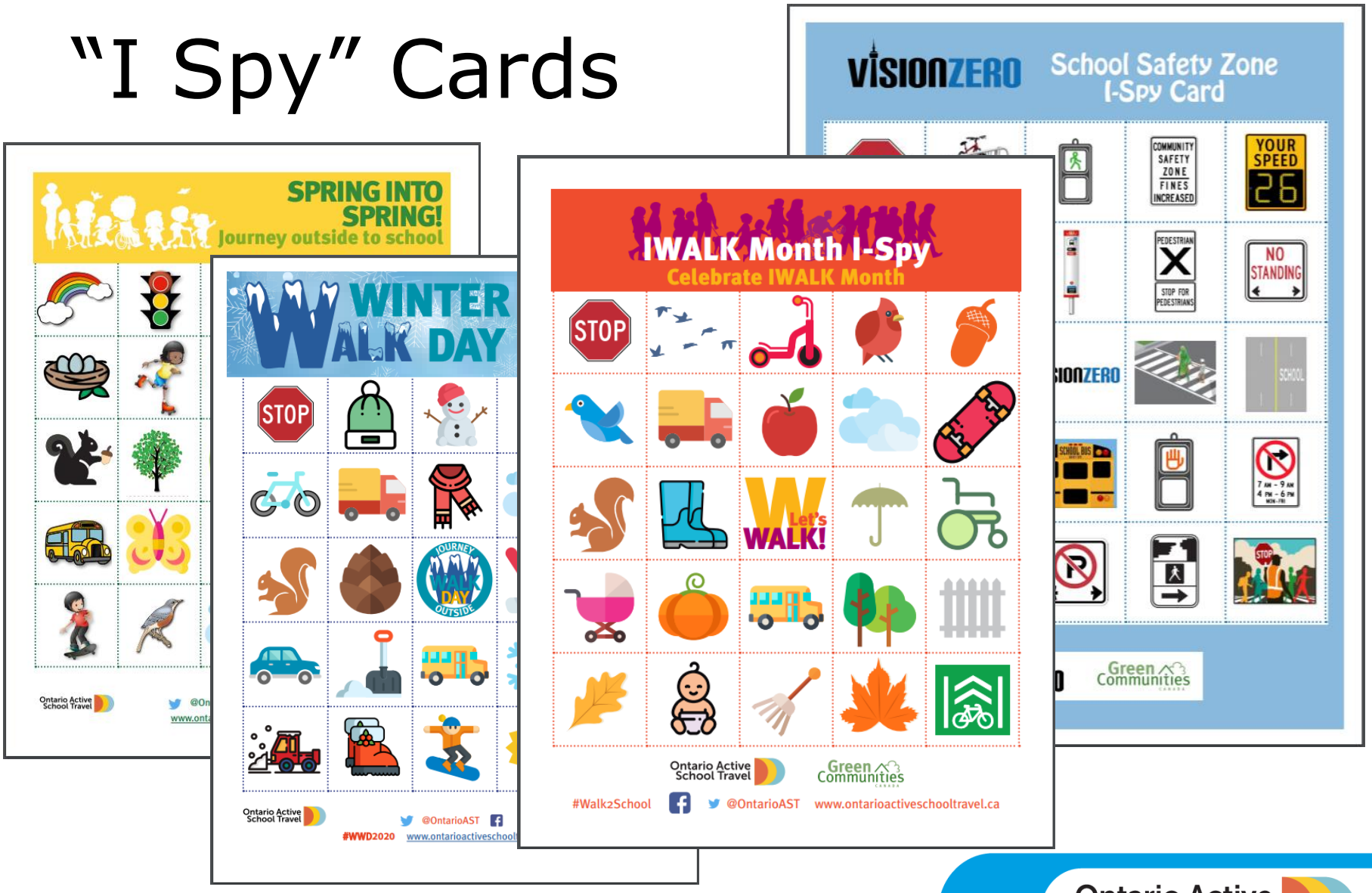
“I Spy” Cards



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From Rubric:

- Multiple opportunities during year to promote ASST (e.g., walk on Wednesdays, winter walk, bike to school month)

- Campaign involves all levels of the school staff and students (i.e., all grades/classes, caretaking, admin, support and educational staff) and outreaches to community

Enforcement

Goal:

Ensure traffic and parking rules are obeyed to improve safety at and around schools.

Think: What are the safety concerns around our school that need to be enforced so that members of our school community can safely walk, bike or roll to school?

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Students Stop Speeders Event

- Partner with your local division of Toronto Police Services

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From Rubric:

- Campaign involves all levels of the school staff and students (i.e., all grades/classes, caretaking, admin, support and educational staff) and outreaches to community

- Education resources are made available for classes to reinforce and teach ASST message

Engineering

Goal:

Create safe and accessible school sites and routes to school.

Think: Are there any physical barriers to active, safe and sustainable transportation at our school?

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On your School Property

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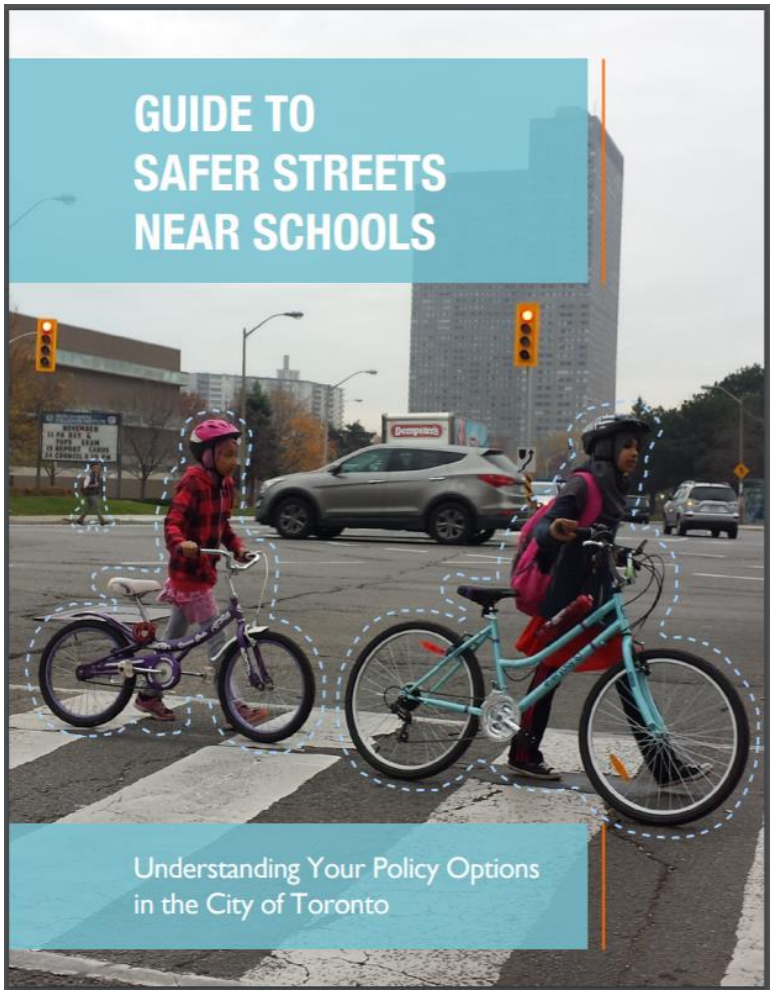
In Surrounding Neighbourhood



- Ask your Principal; you should have a hard copy of this Guide in your school
- Specific to improvements *beyond* your school property
- Link to online tool: https://www.tcat.ca/resources/guide-to-safer-streets-near-schools/

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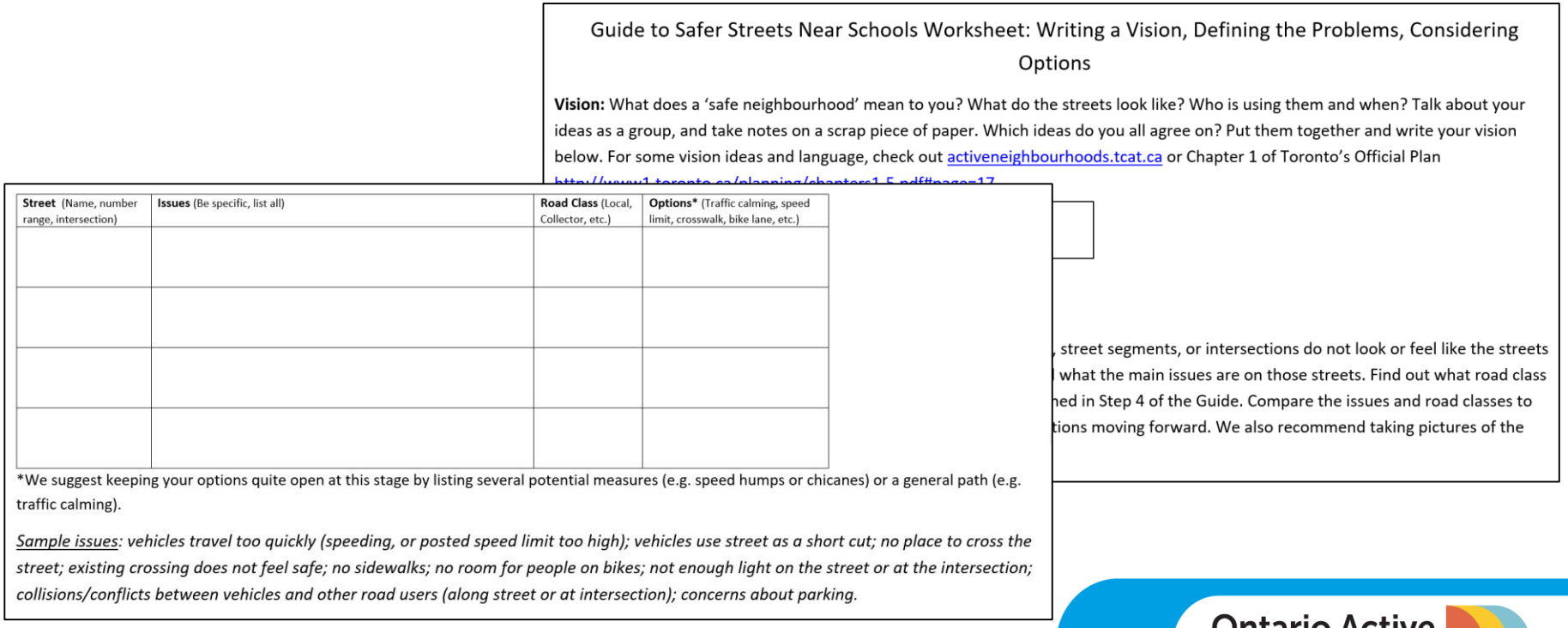
Guide to Safer Streets Near Schools

- Connect with your City Councillor, parents, student leaders, public health nurse to discuss your priorities as a school community



Guide to Safer Streets Near Schools Worksheet: Writing a Vision, Defining the Problems, Considering Options

Vision: What does a 'safe neighbourhood' mean to you? What do the streets look like? Who is using them and when? Talk about your ideas as a group, and take notes on a scrap piece of paper. Which ideas do you all agree on? Put them together and write your vision below. For some vision ideas and language, check out activeneighbourhoods.tcat.ca or Chapter 1 of Toronto's Official Plan

, street segments, or intersections do not look or feel like the streets
what the main issues are on those streets. Find out what road class
ned in Step 4 of the Guide. Compare the issues and road classes to
tions moving forward. We also recommend taking pictures of the

Street (Name, number range, intersection)	**Issues** (Be specific, list all)	**Road Class** (Local, Collector, etc.)	**Options*** (Traffic calming, speed limit, crosswalk, bike lane, etc.)

*We suggest keeping your options quite open at this stage by listing several potential measures (e.g. speed humps or chicanes) or a general path (e.g. traffic calming).

Sample issues: vehicles travel too quickly (speeding, or posted speed limit too high); vehicles use street as a short cut; no place to cross the street; existing crossing does not feel safe; no sidewalks; no room for people on bikes; not enough light on the street or at the intersection; collisions/conflicts between vehicles and other road users (along street or at intersection); concerns about parking.

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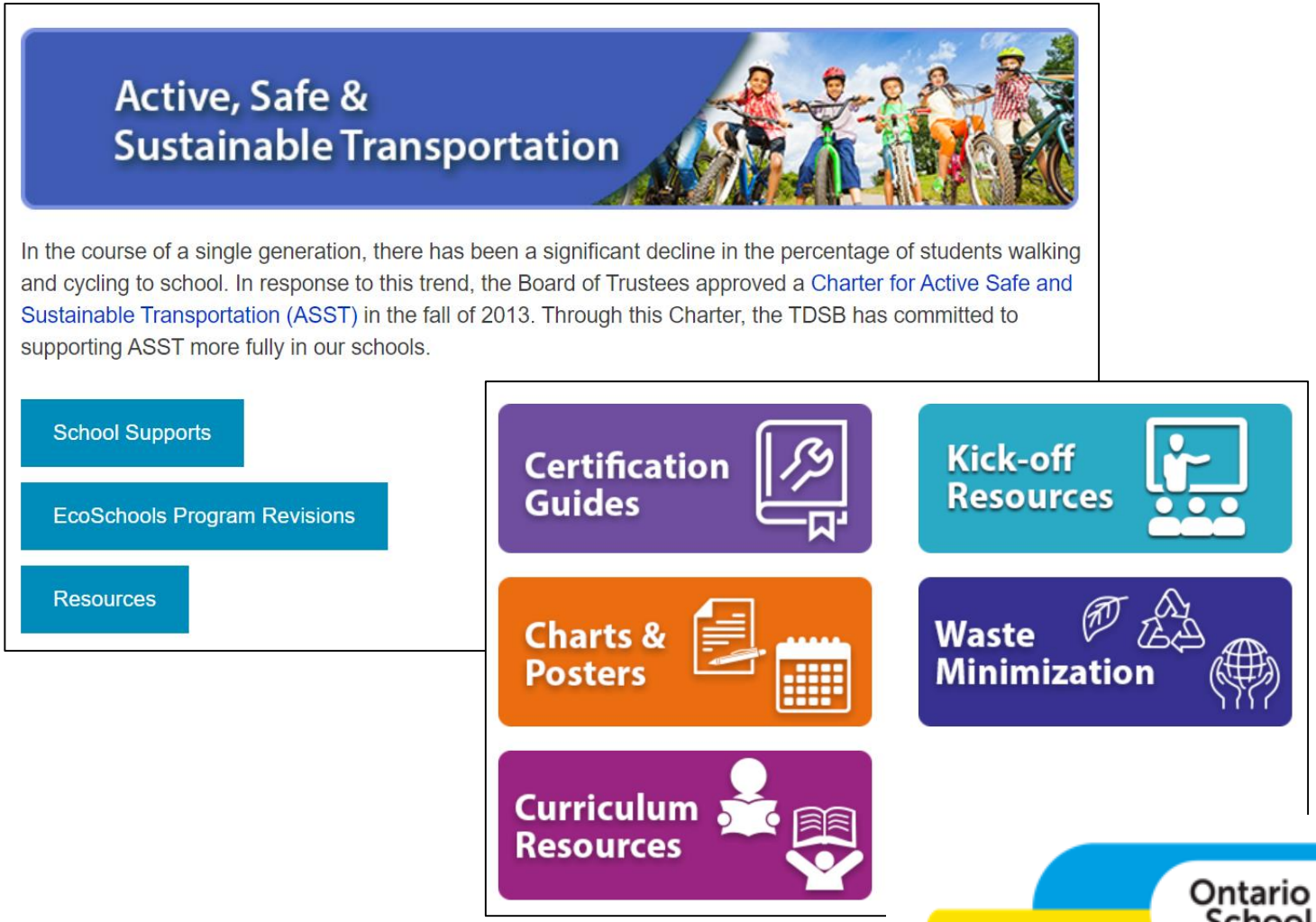
From Rubric:

- Campaign involves all levels of the school staff and students (i.e., all grades/classes, caretaking, admin, support and educational staff) and outreaches to community

- Education resources are made available for classes to reinforce and teach ASST message

Don’t forget these resources!



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Link to Google Drive: http://tiny.cc/a25iez

For more information, visit ontarioactiveschooltravel.ca

Let's get more kids walking and wheeling to school

Ontario Active School Travel is
a program of Green Communities Canada

OntarioActiveSchoolTravel.ca
@OntarioAST
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Let’s practice planning a Community Engagement Project

- To get started: Which of the 5Es would you like to focus on? (A combination of two or more is encouraged!)
- Go to the “station” that describes the primary focus of your project idea to complete your worksheet.
- Talk to the other people at your station and share your ideas. Refine your ideas on your worksheet as you go.

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List of Resources Referenced in this Presentation

Evaluation

Bike Walk Roll online Student Travel Survey Tool: https://bikewalkroll.org/

Hard Copy of Student Travel Survey: https://ontarioactiveschooltravel.ca/school-travel-planning/school-travel-planning-toolkit/

→ Go to “Phase 2: Assess Conditions”

Family Survey: https://ontarioactiveschooltravel.ca/school-travel-planning/school-travel-planning-toolkit/

→ Go to “Phase 2: Assess Conditions”

Neighbourhood Walkabout Tool (plus other Evaluation tools): https://ontarioactiveschooltravel.ca/school-travel-planning/school-travel-planning-toolkit/

→ Go to “Phase 2: Assess Conditions”

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List of Resources Referenced in this Presentation

Education

Active and Safe Routes to School Teacher's Kit: https://ontarioactiveschooltravel.ca/steps-to-success-the-5-es/

→Go to "Education" tab and scroll to "Resources for Teachers"

TDSB Ecoschools Cycling Supports: https://www.tdsb.on.ca/ecoschools/Home/Enrich-your-Program/Cycling-Supports

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List of Resources Referenced in this Presentation

Encouragement

Walk and Wheel Event resources: https://ontarioactiveschooltravel.ca/walk-and-wheel-events/

I-Spy Cards: https://ontarioactiveschooltravel.ca/steps-to-success-the-5-es/

→Go to “Education” tab and scroll to “Walking Resources”

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List of Resources Referenced in this Presentation

Enforcement and Engineering

Enforcement:

Contact Laura Zeglen for guide for Students Stop Speeders program:
lzeglen@greencommunitiescanada.org

Engineering:

Guide to Safer Streets Near Schools:
https://www.tcat.ca/resources/guide-to-safer-streets-near-schools/

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Other Useful links:

- Find your local City Councillor:

https://www.toronto.ca/city-government/data-research-maps/neighbourhoods-communities/ward-profiles/

- Find your local Police Division:

http://www.torontopolice.on.ca/divisions/

- Find City of Toronto neighbourhood maps:

https://www.toronto.ca/services-payments/streets-parking-transportation/road-safety/vision-zero/safety-measures-and-mapping/

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