Active and Sustainable School Transportation in the Greater Toronto and Hamilton Area

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Overview

• Trends in School Travel
• ASST Importance
• Provincial and Regional Connections
• School Travel Planning
• Success stories
• How can your school get involved?
Poll: How did you travel to school?
Does this look familiar today?
Trends in School Travel

Transportation Behaviours To/From School by Province/Territory

Source: Active Healthy Kids Report Card 2014 (2010-11 data)

GTHA Transportation To School Mode Share (1986-2011) Age 11-13

Source: R. Buliung U of T Journeys to School and Work (2014) using TTS Data
Why is Active and Sustainable School Transportation Important?

Health & Wellness

Safety

Environment

Cost

Community Cohesion

Active transportation needs to be made a more prominent part of the ‘activities of daily living’ for children and youth.
Academic Performance

active kids learn better
physical activity at school is a win-win for students and teachers

GRADERS:

20% more likely to earn an A in math or English

STANDARDIZED TEST SCORES:

increased 6% over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

13% increase in students’ physical activity for the week

21% decrease in teachers’ time managing behavior

MORE RESULTS:

after 20 minutes of physical activity
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

SOURCES:
Why is Metrolinx Involved?

To champion and deliver mobility solutions for the GTHA

The Big Move
By 2031, 60% of children will walk or cycle to school

20% of am peak hour traffic is connected to school travel
School travel mode affects work commute

Opportunity to build lifelong healthy habits
Children today are the commuters of 2031 and beyond

Check out our website for research, infographics, and more!  www.smartcommute.ca
Implementing Ontario-Wide Co-ordination for Healthier Communities through Active and Sustainable School Transportation (ASST)

TRANSPORTATION TO AND FROM SCHOOLS IS A MAJOR PUBLIC PRIORITY, AND HAS REAL IMPACTS ON THE HEALTH OF COMMUNITIES. ASSISTANT COMMISSIONER, HEALTH AND ENVIRONMENT, MINISTRY OF HEALTH AND LONG-TERM CARE, AND MINISTRY OF TRANSPORTATION, RECOMMEND ASSISTANT COMMISSIONERS TO DEVELOP A STRATEGY ROADMAP DEPENDENT ON ENVIRONMENTAL AND SOCIAL FACTORS, AND TO FACILITATE RESOURCES FOR LOCAL, REGIONAL, AND PROVINCIAL ASSISTANT COMMISSIONER INITIATIVES.

There is a need for a roadmap for ASST

IDENTIFY AND PROMOTE FINANCIAL MODELS THAT RESULT IN SUSTAINABLE FUNDING FOR LOCAL, REGIONAL, AND PROVINCIAL ASSISTANT COMMISSIONER INITIATIVES

There is a need for a roadmap for ASST

PROMOTE PEOPS, POLICIES, REGULATIONS, STANDARDS AND INFRASTRUCTURE ASSESSMENTS THAT SUPPORT ASST IMPLEMENTATION

GET SUPPORTS AND FOUNDATIONS

PROVIDE SUPPORTS TO PREPARE AND MANAGE RISK

INCREASE CHILD AND PARENT MOTIVATION TO CHOOSE ASST

INCREASE COMMUNITY CAPACITY TO IMPLEMENT ASST

CREATE AN ONTARIO-WIDE COORDINATION FUNCTION

ENCOURAGE PUBLIC AND POLITICAL SUPPORT FOR ASST

IMPACTS

Families who make ASST a lifestyle choice

Ottawa has healthier communities (4)

DELIVERING AGENTS FROM THE CAPACITY THEY NEED TO IMPLEMENT ASST INITIATIVES THAT ARE SELF-SUSTAINING AND SELF-FUNDING. ASSISTANT COMMISSIONERS CAN IMPROVE THE SUSTAINABILITY OF THE ASSISTANT COMMISSIONER BY CONSIDERING THE ECONOMIC, ENVIRONMENTAL, AND SOCIAL IMPACTS OF ASSISTANT COMMISSIONER INITIATIVES. ASSISTANT COMMISSIONERS CAN ALSO PROVIDE SUPPORT TO THEIR PROGRAMS, FOCUSING ON COORDINATION, COMMUNITY, AND PARENT ENGAGEMENT, TO ENSURE THE SUSTAINABILITY OF THE ASSISTANT COMMISSIONER. ASSISTANT COMMISSIONERS CAN ALSO PROVIDE SUPPORT TO THEIR PROGRAMS, FOCUSING ON COORDINATION, COMMUNITY, AND PARENT ENGAGEMENT, TO ENSURE THE SUSTAINABILITY OF THE ASSISTANT COMMISSIONER.
Core Capabilities
School Travel Planning combines the 5 E’s to achieve the goal of increased active and sustainable travel:

- Encouragement
- Education
- Enforcement
- Engineering
- Evaluation

STP is a cost-effective intervention that can result in positive school travel behaviour change, providing substantial economic, safety, environmental and physical activity benefits each school year.
School Travel Planning in Toronto

King Edward PS –
Toronto

- 440 Students
- K-8
- Only 2 students bussed (from out of area)

For both schools:
- STP Intervention: December 2013-Present
- Funded by RioCan and the Heart and Stroke Foundation
- Great involvement from municipal and school level stakeholders

Our Lady of Lourdes CS –
Toronto

- 625 Students
- K-8
- 40% of students bussed (even though 90% live within 1.5km)
King Edward

King Edward PS – Toronto

Top issues:
- Speeding and cars not stopping at crossings in front of school
- Lack of bike parking
- Snow clearing issues
- Lack of awareness of multi-modal options (large catchment area but many students could bike or take transit and walk)

Actions to date:
- Surveys and Walkabout assessment + awareness
- Winter Walk Day
- Bike Rodeo

Future Actions:
- IWALK, Bike Racks, Bike Rodeo, route mapping, CAA Safety Patrol, Tree Display (Eco-Club), Infrastructure, walking from Bathurst
Our Lady of Lourdes

- Our Lady of Lourdes CS – Toronto

- Top issues
  - Students bussed from neighbourhood that is less than a km away (quicker to walk than take the bus)
  - Car, pedestrian and cyclist conflicts at intersections and along bike path
  - Lack of awareness of AT as option

- Actions to date:
  - Surveys and Walkabout assessment + awareness
  - Winter Walk Day and monthly Walk Days (plus June Walk Week)
  - Student Walkabout
  - Promotion Assemblies

- Future Actions:
  - TBD (new school admin)
  - IWALK, Walk Days, Infrastructure, Driver/Cyclist Awareness Day, informal walking groups, presentation to Toronto City Planning Dept. by students
Action Plan Ideas!

Events

- IWALK-October
- Winter Walk Day-February
- Spring into Spring
- Bike to School Week-May 25-29
- Bike Rodeo!

Infrastructure

- Fundraise for bike, scooter, or skateboard racks

Curriculum Links

- [http://www.saferoutestoschool.ca/info-teachers](http://www.saferoutestoschool.ca/info-teachers) (plus there are lots more!)

Parent or community supported Walking School Bus

- Action Plan Inspiration Guide (APIG)

- [http://www.saferoutestoschool.ca/programs](http://www.saferoutestoschool.ca/programs)
- biketoschoolweek.ca
How can you get involved?

- Connect with your local ASST/Active and Safe Routes to School Program – contact Jacky Kennedy at asrts@sympatico.ca, your Public Health Nurse, and Eco Schools!

- Check out all the resources mentioned including the www.saferoutestoschool.ca, ecoschools.ca and biketoschoolweek.ca, smartcommute.ca websites

- Present to your school admin to get them on-board!

- Hands up surveys!

- Starting small? Go with your passion – choose an event, program or idea that interests you

- Connect to teachers and the school curriculum (math, geography, phys ed, art, etc.)

- Cultivate champions and partners—find like minded support in your school or community (other parents, teachers, police, local bike shops, public health nurse, parents, crossing guards, etc.)
Thank You!  Questions?

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Classroom Connections

- Greening Trees Activity
- Bike /AT Training
  - PHE Guide to Ride
  - Making Tracks (includes Cycling, Skateboarding, Pedestrian, Scooter, and Inline Skating)
- CANBIKE
- Lessons in Sustainable Happiness
- Blazing Trails in the Urban Jungle
- Active At School
- MOE: Foundations for a Healthy School
- OPHEA: Healthy Schools & Communities
- Anti-idling