



Traffic Safety Times

Back to School Edition, September 2022

A newsletter for the Mississauga School Walking Routes Program

Why Walk or Roll to School?

Many of us already know that walking, riding our bikes or even driving just partway are beneficial to us and our children. Walking and rolling are great opportunities for exercise, which **benefits our mental health**, and can even **help us feel more alert and ready to learn**. But for many of us, driving is simply a lot more convenient. Or is it?

Consider how convenient walking or riding your bike with your children can be:



Teaching children the rules of the road and how to navigate their community are **life skills** that can only be learned through practice. Once they have the skills to travel to school independently, **parents gain that time back** in their own days!

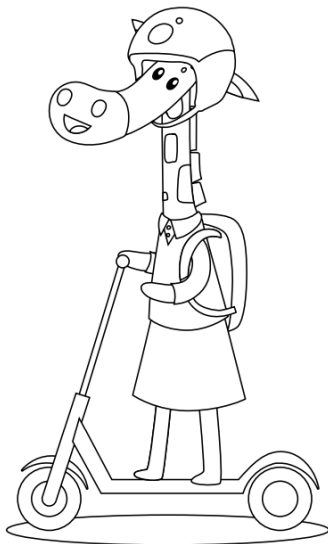


Children who are more physically active **learn better, sleep better, and are generally happier and healthier overall**. (Same goes for parents!) When we walk or roll to school, we don't need to find as much time for exercise elsewhere in our day.

Take the "One-Walk-a-Week" Challenge

Walking or rolling to school every day can be hard. Starting this school year, challenge your family to walk or roll **one day more each week** than you usually do. If your child takes the school bus, challenge yourself to walk to the bus stop; if you live far from the school, try parking 5 minutes or more away and walk the rest.

NEW! Find the custom **Routes to School Planner Map** for your school, including locations of trails and 5-minute and 10-minute walking distances.



Safety Tip: When rolling to school on your bike or scooter, always wear a helmet.

Cycling in your Community

Meet neighbours and build confidence riding your bike by participating in a community ride!

The City of Mississauga has **free, family-friendly Community Rides** in neighbourhoods across the city throughout the spring, summer and fall. Visit mississaugabikes.ca to find rides near you!

Upcoming Community Rides:



October 1: Salmon Run Community Ride



October 15: Fall Colours Community Ride



October 29: Halloween Community Ride