

Regional District of Central Okanagan

School Travel Planning



● The Problem:

More families are choosing to drive to school, and fewer students are walking, biking, or rolling. This means kids get less fresh air and daily movement, and school zones become busier for everyone. Extra traffic also adds work for school staff who help manage drop-off and pick-up time.

● A Solution:

School Travel Planning (STP) brings parents, caregivers, school staff, and community partners together to make walking and wheeling safer and easier. Many schools using STP have seen more than a 20 percent increase in active travel.

● How it Works:

STP follows a simple six-phase process over two to three years. An STP Facilitator helps coordinate activities, gather feedback, and guide the school in building a clear, realistic School Travel Plan.

Benefits

Healthier Children

- Active travel helps children meet daily physical activity targets, improving their physical and mental health.

Less Traffic and Pollution

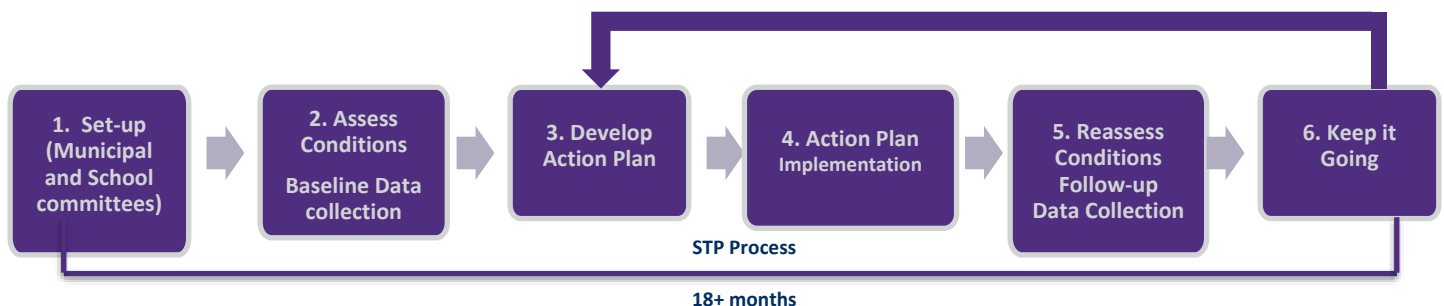
- Reducing car trips decreases emissions and air pollution around schools, improving air quality and public health.

Safer School Zones

- Lower traffic volumes create safer environments for students and enhance community walkability and safety.

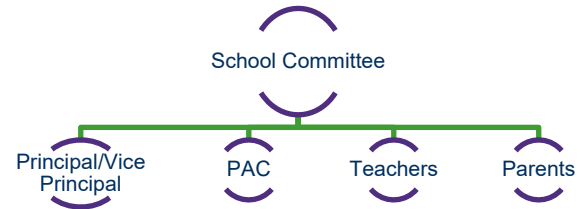
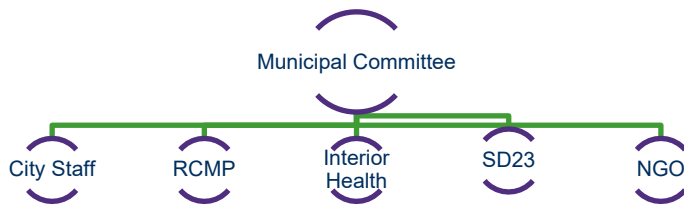
Better Academic Performance

- The physical activity from active travel increases student alertness and supports brain development for better learning.



● Who is Involved:

Creating safer school travel is a team effort. STP brings together two groups, one at the school and one at the municipal/regional level, to support changes that benefit the whole community.



Parents

Parents and caregivers play an important role in helping children travel safely and confidently. You can support active travel by:

- Encourage walking or cycling to school.
- Watch for children in your neighbourhood.
- Sharing feedback in travel surveys.
- Joining your School Travel Planning committee.

Teachers

Be a role model in your school's journey toward better health and sustainability by:

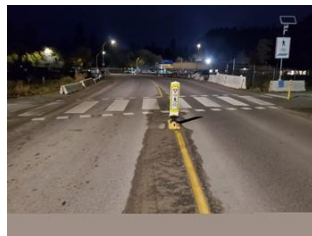
- Walking or cycling to school yourself.
- Helping with quick in-class data collection.
- Using happiness-focused sustainability lesson plans.
- Joining your School Travel Planning committee.

● A few examples of STP actions:

Municipal lead



Traffic calming curbs



In-street crosswalk sign



Delineator posts



New or replacement signage



Traffic calming curbs, stop bar, centerline, and parallel bar crosswalk road markings

School lead



Safety Presentation during school Assembly



-Art Contest
-Idling Awareness



iRide, Bike to School



Run for Fun/Walking competitions



-Crossing guards
-Kiss & drop improvements

Positive feedback

"A lot of work has been done to support our community, and for this, I am very grateful. School campaigns such as the Walk & Wheel to School Week have seen an uptick in participation, and some staff even ride regularly to school. I do believe the work that has taken place has made our school community a more walkable, healthier, and safer place to live and work."

Kimberley Grimwood, Principal, Quigley Elementary