Click here to enter a date.

**<Enter School or Municipality Name> is *On the MOVE*!**

* Active transportation is any form of travel that is powered by human energy and gets you from point A to point B (e.g. biking, scooting, skateboarding, walking, and running).
* We often use the words walking and wheeling to stand for the many ways that individuals could actively travel.
* ***On the MOVE*** is a project working to support active school travel through education, encouragement, enforcement, engineering and evaluation. Refer to: [Ontario Active School Travel Steps to Success](https://ontarioactiveschooltravel.ca/steps-to-success-the-5-es/)
* The overarching goal of ***On the MOVE*** is to increase the number of students using active forms of transportation to and from school.
* Ontario Active School Travel is a program of Green Communities Canada (GCC) made possible through a three-year, $3.5 million transfer payment agreement with the Government of Ontario. In addition to providing grants to projects in local communities, GCC is providing expanded central support including new and improved resources, program development, training and support to partners across the province.
* The Simcoe Muskoka District Health Unit (project lead) has received a commitment of $110,600 from Green Communities Canada for the regional *On the MOVE* project supporting work being undertaken in partnership with the Simcoe County District School Board, municipalities including; the District of Muskoka, Bracebridge, Huntsville, County of Simcoe, Midland, Collingwood, Clearview, Wasaga Beach, Barrie, Innisfil, Bradford West-Gwillimbury and the Environment Network.
* Some schools in Simcoe and Muskoka already have active transportation strategies for their student populations. The funding provided by the Ontario Active School Travel Fund will help broaden the reach of this program to more schools and more students.
* Across Simcoe Muskoka 17 elementary schools are participating in this project and <**School Name**> in <**Location**> is excited to be one of them.
* In Simcoe Muskoka community partners working on the ***On the MOVE*** project will be developing active school travel plans. In order to ensure a comprehensive, inclusive and sustainable approach is used to get students walking and wheeling, partners will be addressing active school travel by using 5 key elements:
  + Education: traffic safety training, cycling skills workshops, school route mapping.
  + Encouragement: walk and wheel events, walking school bus, iwalk iwheel club
  + Engineering: traffic and wayfinder signs, parking restrictions, crosswalk improvements, crossing guards
  + Enforcement: speed monitoring, ticket traffic violations, supervision of student drop-off locations
  + Evaluation: walking and cycling audit, school travel survey, traffic counts, family travel survey
* Rates of walking and cycling to school have declined sharply in Ontario communities in recent decades. Green Communities Canada and its many partners, including schools and municipalities in Simcoe Muskoka are working to reverse that decline and make active transportation the "new normal."
* The ParticipACTION 2018 Report Card on physical activity for children and youth 2018 ParticipACTION Report Card focused on the Brain + Body Equation: Kids’ bodies have to move to get the wheels in their brains turning.
* ‘We’ve known for many years that physical activity improves heart health, helps maintain a healthy body weight and build strong bones and muscles; however a growing body of evidence indicates it’s also essential for a healthy brain’.
* Time spent walking/wheeling to and from school can contribute to increased activity levels/time spent being active for the day. Walking/wheeling to school also helps to decrease the time spent being sedentary.
* Active school travel has numerous benefits for children and communities including:
* improved physical and mental health and wellbeing;
* increased cognitive function and social development that improves academic performance;
* safer school zones through traffic calming and reduced congestion; and
* improved air quality and lower greenhouse gas emissions.

Learn more at:

Smdhu link and

www.ontarioactiveschooltravel.ca