



On the Move: Quick Facts & Speaking Points

What is active travel/transportation?

- 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.
- Although using a school bus or local public transportation is not considered active transportation, it does have an important role to play in active travel projects. Using these forms of travel decreases the number of cars on the road, which means improved road safety for those who are walking and wheeling and better air quality for everyone. Carpooling is another way to reduce the number of cars on the road and around school zones.

Did you know:

- Only 39% of children and youth are meeting the physical activity recommendation(s) with the Canadian 24-Hour Movement Guidelines for Children and Youth. ([2024 ParticipACTION Report Card](#))
- Only 43% of 5-17 year-olds use active modes of transportation (e.g. walk, bike) either exclusively or in combination with a non-active form of transportation such as being driven or taking the school bus. ([2024 ParticipACTION Report Card](#)) Families and communities are looking for ways to reduce the impact of climate change, improve air quality and increase road and community safety.

Benefits Active Transportation:

- Active transportation to and from schools is one way for kids to get more physical activity during their day. Physical activity may help to:
 - **Improve student health and well-being**
 - Mental health (improves mood, decreases anxiety and depression, improves ability to cope with stress, improves emotional regulation, and increases self-esteem);
 - Physical health (increased physical activity as part of a daily routine and less car emissions for students to breathe);
 - Develop independence, confidence and healthy skills and habits (road and traffic safety skills, lifelong habits of active mobility and physical activity);
 - Learning outcomes and academic achievement (increases attention, focus, concentration and problem solving skills);
 - Social skills (opportunity to spend time with family and friends and get to know neighbours in the community).
- **Active Transportation may help to:**



- Improve community safety
 - Reduce traffic in school zones (especially during drop-off and pick-up times);
 - Increase knowledge of safe routes to school;
 - Getting to know neighbours in your community.
- **Create a Greener community**
 - Decrease greenhouse gas emissions (CO₂);
 - Improve air quality around schools.
 - Do one small thing to help with climate change.

What is On the Move?

- On the Move is an active travel/transportation project in the County of Simcoe and the District of Muskoka.

What does school travel planning (STP) mean?

- STP means using an approach where a school community comes together to figure out what makes it harder and easier for students to walk or wheel to school.
- STP projects like “On the Move” bring students, parents, teachers, school board administrators, public health, municipal/regional governments and other community partners together to implement solutions that make it easier for students to walk and wheel to school.
- The goal of On the Move is to increase the number of students who walk and wheel to school.

What can you do?

- **Role model!**
 - Get On the Move and walk or wheel when you can!
- **Join the Movement!**
 - Support and participate in active travel projects and events in your community.
 - Encourage friends and family to use active methods of transportation.
- **Spread the Word!**
 - Encourage schools, municipal staff and elected officials to learn more about and plan active travel projects and events.



Looking for an On the Move school travel planning project near you?

Projects are underway in the following communities at the following schools:

Collingwood	<ul style="list-style-type: none"> Admiral Public School Cameron Street Public School Mountain View Elementary School 	Barrie	<ul style="list-style-type: none"> Cundles Heights Public School Trillium Woods Elementary School
Wasaga Beach	<ul style="list-style-type: none"> Worsley Elementary School 	Innisfil	<ul style="list-style-type: none"> Alcona Glen Elementary School
Stayner	<ul style="list-style-type: none"> Byng Public School Clearview Meadows Elementary School 	Bracebridge	<ul style="list-style-type: none"> Macaulay Public School
Midland	<ul style="list-style-type: none"> Mundy's Bay Public School 	Huntsville	<ul style="list-style-type: none"> Hunstville Public School
Orillia	<ul style="list-style-type: none"> Orchard Park Public School 		

Curious who are partners are?

The following municipalities and community partners are actively involved with On The Move:

- City of Barrie
- Town of Bracebridge
- Clearview Township
- Town of Collingwood
- Town of Huntsville
- Town of Innisfil
- Town of Midland
- Town of Wasaga Beach
- District of Muskoka
- County of Simcoe
- The Environment Network