

**Did you know that, in Sherbrooke,...**

**... only half\* of elementary school students walk to school?**

**... the other half are driven to school?**

**\* Among those that live within walking distance of their school.**

### For more information

#### Internet

Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports  
[www.alliancesherbrookoise.ca](http://www.alliancesherbrookoise.ca)

Consult the map of school routes in your neighbourhood within the territory of the Commission scolaire de la Région-de-Sherbrooke :

[www.csrs.qc.ca/fr/parents/organisation-scolaire/corridors-scolaires/index.html](http://www.csrs.qc.ca/fr/parents/organisation-scolaire/corridors-scolaires/index.html)

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The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit [alliancesherbrookoise.ca](http://alliancesherbrookoise.ca)

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**Walking to school, i'm in!**





Aa

$$1 + 1 = 2$$



## Does your child walk to school every day?

### Walking it's a win-win for your child!

- They will be more physically active every day.
- They will pay more attention in class, as they will be in better shape.
- They will learn to be independent.
- They will learn more about the neighbourhood in which they live and play.



School routes ensure the safety of those walking to school!



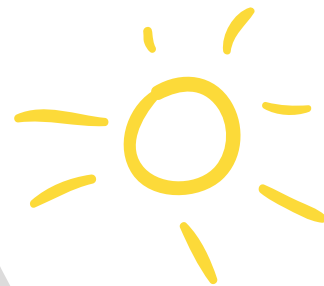
School routes are **easy-to-follow** routes that can be found around most elementary schools.

- They are identified by large **blue dots** on the sidewalk or on the side of the road.
- **Crossing guards** can be found at busy intersections along the way.

### Have you ever thought about the fact that...

...by allowing your child to walk to school :

- you'll reduce the vehicular traffic volume around school;
- you'll improve student safety.



Walk to school with your child several times at the beginning of the school year.

- Then ask them to always follow the same, safe route.

Have you taught your child to tie their shoelaces? Now teach them to...

- cross the street;
- stop at red lights and stop signs;
- stay on the sidewalk;
- avoid strangers.

Have your child walk to school with friends.

- Contact other parents to find out if their children could walk with yours.
- Agree on a departure time and place.
- Ask the children to wait for their friends before leaving.

Don't forget to congratulate them on their independence!

