

## Morton Way Public School – 25 or Less!

'Grow on! Earth needs re-leaf! Please Leaf the Car at Home!'

**Description:** Morton Way Public School in Brampton, Ontario, Canada has 877 students in Junior Kindergarten through Grade 5. Approximately 50 students travel to school by school bus. The rest of the students live within walking distance of the school. Morton Way's ASRTS program has been in place for four years. The school champion is the physical education teacher, with support from the Principal, other teachers and the Parent Council. Students play a key role in data collection and tallying results. The focus of the program is to:

- increase daily physical activity
- reduce vehicles in the school zone at drop-off (between 60-100 daily).



**Application:** Every Wednesday is Walking Wednesday at Morton Way P.S. Participation remains high at between 83% to 92%. Results are collected, tabulated and posted throughout the school by a student committee working with the teachers. Walking Wednesdays have a social element for walking parents – on the first Wednesday of each month parents and grandparents who walk to school are invited into the school library for a cup of coffee or hot chocolate, conversation and an opportunity to sign out library books to read with their children. This helps to build a sense of community between families and the school. Music greets walkers on Wednesdays – a tape of walking songs was created. Morton Way also

holds 'Walk Weeks' three times a year:

- IWALK Week (October)
- Earth Week (April)
- Environment Week (June)

During "Walk Weeks" Morton Way initiates community Walking School Buses to safely walk students to the school in groups. Walking School Bus drivers (volunteer parents) wait at four designated intersections in the community so they can escort the students to school. Students carry signs and banners and many sing songs on their journey.



### Nuts & Bolts:

- Use of regular class hands-up surveys to track participation – a great curriculum activity for a class of older students or a student environment club
- Students sign their name to a class paper leaf which is then placed on the Morton Way tree, in the front foyer of the school
- ASRTS has been successfully incorporated into many curriculum areas including: physical activity, language, art, math and science.

**Challenges:** Despite the creativity of the staff and students to make walking to school easy and fun, Morton Way still feels there are too many vehicles dropping off students. They have implemented a new initiative to reduce this through a '**25 cars or less**' campaign. A 'thermometer' is displayed to alert drivers how many vehicles dropped off students the day before. School PA announcements update the students of progress. Signs are displayed around the school '25 or less'

### Resources:

Visit [www.saferoutestoschool.ca/index.php?page=walkwheelwed](http://www.saferoutestoschool.ca/index.php?page=walkwheelwed) to download Walking Wednesday and [www.saferoutestoschool.ca/index.php?page=walkingschoolbus](http://www.saferoutestoschool.ca/index.php?page=walkingschoolbus) for Walking School Bus resources. Contact [info@saferoutestoschool.ca](mailto:info@saferoutestoschool.ca) for more information.

**Related Tools:** Class hands-up survey, blank paper leaves, PA announcements, class and student incentives, tape player, speakers, tapes, etc.