

THIS

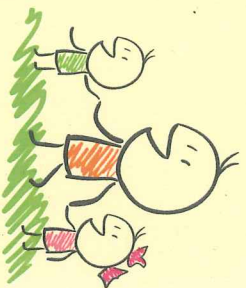
# TICKET

## IS A FRIENDLY REMINDER:

We can all make health and safety a priority for students by following a few simple steps.

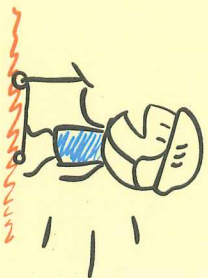
### WALK, RIDE & ROLL

Students who walk, ride or roll to school have something in common: better concentration, lower risk of obesity and heart disease, lower risk of depression and much more fun!



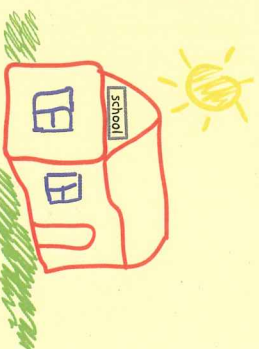
### DRIVE TO 5

5 minutes away that is. Try parking a few blocks away and walking your child to and from school. You'll avoid the school zone chaos, get some fresh air and have the chance to learn something interesting about your child's day.



### SLOW DOWN

School zone speed limits are 30km per hour between 8am-5pm on school days. Please don't speed.



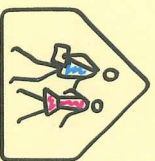
### SET AN EXAMPLE

Speeding, double parking, blocking driveways and making U-turns is unsafe and puts students at risk. Set an example for other drivers.



### WATCH THE SIGNS

Respect posted signs and pay attention to designated drop off / pick-up areas. Never allow a child to cross mid-block.



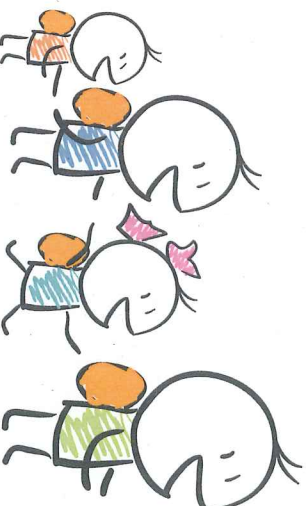
# DID YOU KNOW?

**91%** OF CANADIAN YOUTH AND **51%** OF CANADIAN ADULTS



Are not getting the recommended levels of daily physical activity. **Make it part of your daily routine.**

### ICBC TIPS FOR SAFE WALKING:



#### LOOK!

Always look left-right-left and shoulder check before crossing.

#### LISTEN!

Remove your headphones so you can hear approaching traffic.

#### BE SEEN!

Wear reflective materials or bright clothes and use lights after dark.

#### IN PARTNERSHIP WITH



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