

Always observe the parking signs outside the school. They are designed to keep children safe.

Rates of childhood obesity in Australia are one of the highest amongst developed nations. Around 25% of Australian children are currently overweight or obese, and it is a growing trend.

Park, Walk or Ride Information for



Clontarf Beach State School

ACTIVE AND SAFE SCHOOL MAP



For more information contact Moreton Bay Regional Council via www.moretonbay.qld.gov.au



www.moretonbay.qld.gov.au | Phone 3205 0555



The 'Active and Safe Mapping' program is designed to encourage families to park their vehicles up to 800 metres away from school and walk or ride the rest of the way to the school gate. By changing your family's travel habits at least once a week, will see a vast reduction in traffic congestion at your school, improving your child's awareness of the road environment around them and their health and wellbeing.

Please use this 'Active and Safe Mapping' booklet to find suggested alternative parking locations and active travel routes to your school gate.

Legally all bicycles should be fitted with a warning device, such as a bell.



Road Safety Around Schools

With a high volume of vehicles and competing demand for limited parking spaces during morning and afternoon pick up and drop off times, the majority of schools experience difficulties associated with congestion.

During the peak 10-15 minutes after the school bell has sounded illegal and unsafe practices commonly occur that can put all children at risk. Develop a pick up routine that encourages responsibility and independence – consider collecting your children from school after peak time.

- Check with the school the location and length of time supervision is provided and what your child needs to do if you haven't collected them before the end of supervised time;
- Let your children know that you will be at the school to collect them after the 'peak' time – discuss what time you will be at the school and where you will collect them from;
- Consider teaching your children the routine for a few days or a week at first, this will encourage confidence for both the child and yourself that you both know the pick-up process; and
- Organise for the eldest sibling to collect all children.

If the car park is full when you arrive, do not double park or create a queue, find an alternative place to park safely and legally.

Your road safety behaviour will influence your child's behaviour. It is always important to set good road safety examples for your child to follow.



School zone speed limits

School zones can be identified by the signs located on the approach to a school. Lower speed limits reduce the risk of death or injury to school children using the roads at these times.

- Maximum speed is 40 km/h when school zones are in operation;
- Be aware of school children;
- 'All day' school zones may be in operation at some schools.

Every bus trip has the potential to keep up to 50 vehicles off the road.

School Crossings

A driver approaching a school crossing **must stop** before reaching the crossing if:

- A stop sign is displayed; and
- A pedestrian is on or entering the crossing.

and must not proceed until:

- The stop sign is no longer displayed; and
- There is no pedestrian on or entering the crossing.

Be a positive role model by not parking illegally or unsafely across driveways, on or near school crossings, or in bus zone areas.

Ensure all passengers have a seat belt on correctly before putting the vehicle in motion; it only takes a few seconds for a child to properly secure themselves in their seatbelts.



Queensland Government

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 Community Road Safety Grant

Active Transport Information and Tips



Why not plan to leave the house a little earlier to walk or cycle all or part of the way to school? By doing this you will not only improve the health of the whole family, you will have more time to meaningfully interact with your children and teach them a thing or two along the way. Remember a child who actively travels to school is more engaged to learn, likely to have less sick days and will have a high sense of community pride.



Walking Safety Tips

When walking to school ensure you:

- Escort younger children;
- Teach your children the road rules and the meaning of traffic signs;
- Talk to other parents about your children walking together – there is always safety in numbers;
- Look right, left and right again before crossing the road;
- Practice the travel route with your child, showing them the safest places to cross the road and what to look out for;
- Be sun smart.



Cycling or Scootering Safety Tips

* Ensure your school allows scooters as a travel option

When cycling or scootering to school ensure you:

- Escort younger children;
- Talk to other parents about your children cycling together – there is always safety in numbers;
- Wear an Australian Standards approved helmet;
- Practice the travel route with your child, showing them the safest places to cross the road and what to look out for;
- Stay hydrated – don't forget your water;
- Ensure all wheeled recreational devices have working brakes and a bell; and
- Teach your child the road rules and to obey them even when on pathways.



Tips for Walking or Riding on Shared Pathways and Footpaths

- Be considerate of others;
- Walk and ride in single file if the path is busy;
- Keep left where possible;
- Walk and ride in a predictable manner;
- Slow down and use your bell when passing others;
- Be alert so you are ready for unexpected behaviour; and
- Walk your bike across roads.



Tips for Carpooling

- Carpool with other families who attend the same school or a school in a similar location;
- Carpool with other families who participate in the same extracurricular activities such as sport or music;
- Remember to exchange contact details, discuss the set route and organise pickup and drop off times; and
- Ensure you have a backup plan if a parent unexpectedly cannot drive that day.

Children need a minimum of 60 minutes of physical activity every day to stay fit and healthy. Remember, more is better – even up to several hours.

10% of urban area trips are less than 1 kilometre while 30% are less than 3 kilometres – these are ideal distances for walking or cycling.

Children often learn by watching what other people do. You can help your child develop safe behaviour and responsible attitudes to road safety by always setting a good example.

Your unsafe road behaviour will influence your child's behaviour. It is really important to set good road safety examples for your children to follow.



Every day, parents and caregivers compete for limited parking spaces around schools during pick up and drop off times, whilst not realising their actions impact on the safety of all children travelling to and from school including their own. In response to this council has developed both the **Travel Choice Schools Program** and the **Safer School Travel Program**.

Travel Choice Schools Program

The 'Travel Choice Schools Program' encourages students, parents, staff and the community to make sustainable travel choices such as public transport, walking, cycling, scootering and carpooling to get to and from school rather than driving a car.

The program can provide significant benefits to the school community including:

- reduced parking demand and traffic congestion at peak times;
- improved attentiveness due to increased levels of physical activity;
- positive school image associated with proactively promoting alternative ways to travel;
- improved road safety skills and awareness;
- increased social interaction and independence; and
- increased time and cost savings for families.

When not in use, helmets should always be stored in a cool shaded area. Check your helmet regularly for any damage.

For more information regarding the Travel Choice Schools Program please contact council's Travel Choice Officers on 3205 0555 or visit www.moretonbay.qld.gov.au/travelchoice

Safer School Travel Program

The 'Safer School Travel Program' is a behaviour change program that aims to address traffic related issues around schools during peak times through an educational and awareness approach.

The program is delivered in partnership between Moreton Bay Regional Council, the Department of Transport and Main Roads and Queensland Police Service.

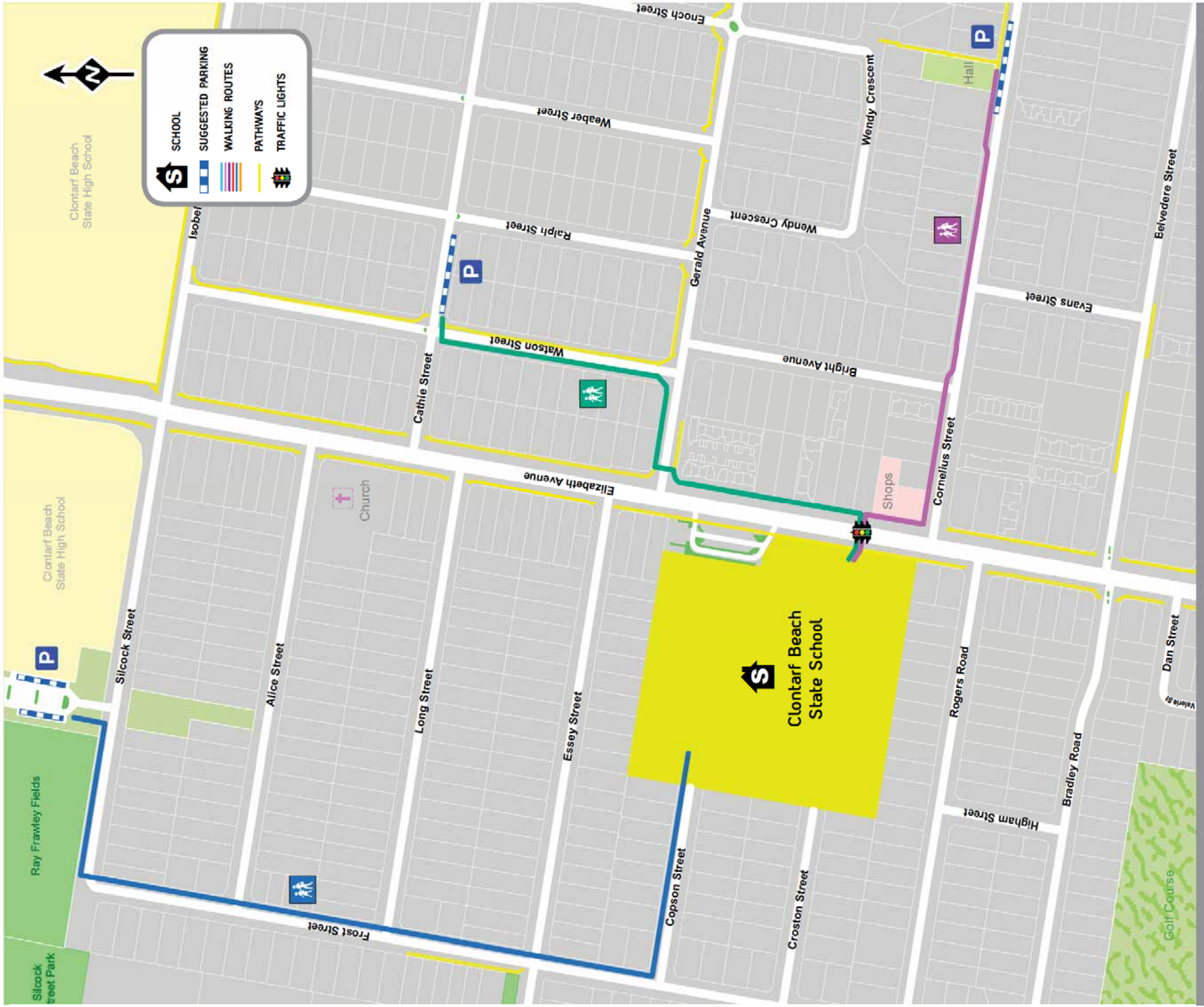
The program works closely with schools across the region. The commitment from the school community is vital to the successful implementation of the program and creating positive behaviour change at the local level.

The program can contribute a number of significant benefits to the community including:

- reducing the risk of road trauma;
- raising road safety awareness;
- better informing parents and caregivers on road rules;
- promoting ownership for the behaviour that contributes to road safety risks;
- endorsing behaviour that supports a safe road environment around schools; and
- developing a "leading by example" culture of being good role models to the children.

For more information regarding the Safer School Travel Program please contact council's Road Safety Officers on 3205 0555 or visit www.moretonbay.qld.gov.au/roadsafety

Teach road safety independence by parking away from the school and walking with your child using crossing facilities; including traffic lights, pedestrian refuges, pedestrian crossings and school crossings.



Cornelius Street
'CANTER'
 441m - Estimated walking time 6mins

Watson Street
'WANDER'
 475m - Estimated walking time 7mins (no footpath)

Silcock Street
'SAUNTER'
 724m - Estimated walking time 12mins