

Mother Teresa Catholic School Park and Stride



What is Park and Stride?

It is a program that provides families who need to drive to school with an opportunity to incorporate active travel (walking or rolling) into their school commute.

How to take part:

On days that your family needs to drive, choose to park in a Park and Stride location and walk or roll the last few minutes to school.

Why take part:

- Maintain physical and mental health – walking to school can help students be more alert and ready to learn.
- Meet other families in the school community.
- Reduce vehicle congestion in front of the school, creating a safer and healthier space.

Please remember to:

- Drive carefully and watch for children
- Follow existing parking regulations
- Be mindful of neighbouring residents

