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# SCHOOL TRAVEL PLAN

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## Hillcrest Middle School



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## School Travel Planning in the City of Coquitlam

The purpose of this report is to 1) outline the need for sustainable active school transportation at Hillcrest Middle School; 2) determine the barriers to active transportation, which are defined as walking, cycling and the use of transit for trips to and from school; and 3) develop a School Travel Plan, which includes an Action Plan describing infrastructure improvements as well as education and encouragement measures aimed at decreasing the number of car trips and increasing the number students using active modes of transportation. Baseline and follow-up surveys were conducted, including a school walkabout, to learn the transportation habits of, and to assess barriers and concerns for, Hillcrest Middle School and its community.

### Background

The City of Coquitlam initiated a partnership with TransLink and co-funded the TravelSmart program in 2014 to promote sustainable and active transportation.

As part of the 2014- 2018 capital budget deliberations, Council initiated a multi-year program called Middle School Walk-Bike Ability. The goal of the program was the improvement of the walking and cycling environment around middle schools to facilitate and encourage active transportation for Coquitlam students. The promotion of active and sustainable transportation is a key goal of Coquitlam's Strategic Transportation Plan as approved by Council.

### Scale

The scale of the program targets eight Middle Schools. Hillcrest Middle School began the School Travel Planning process in September 2014 and completed the process in November 2015.

There are two phases to the program:

#### **Phase 1:**

Part 1: Needs Assessment - engaging students, parents and school administrators in the process of developing a School Travel Plan - Action Plan to help identify potential barriers to walking, cycling and the use of transit to and from the schools, leading to

the identification of potential packages of infrastructure improvements;

Part 2: Outreach – education and promotion for students, teachers, school administrators and parents about the different travel options for getting to and from school.

**Phase 2:**

In 2015, representatives from the City of Coquitlam, School District, parents, TransLink’s TravelSmart program, HASTe, ICBC, Fraser Health, and HUB Cycling participated in a series of walkabouts with the purpose of identifying key travel issues and developing an action plan that includes infrastructure and traffic operational improvements.

**HASTe**

[www.hastebc.org](http://www.hastebc.org)

**National Active & Safe Routes to School**

[www.saferoutestoschool.ca/school-travel-planning](http://www.saferoutestoschool.ca/school-travel-planning)

**TransLink/TravelSmart**

[www.travelsmart.ca](http://www.travelsmart.ca)

**City of Coquitlam**

[www.coquitlam.ca/city-services/roads-and-transportation/overview.aspx](http://www.coquitlam.ca/city-services/roads-and-transportation/overview.aspx)



## School Travel Planning

School Travel Planning (STP) is a community-based planning process that has been used with success to date in communities across Canada to increase the number of families choosing active transportation modes to get to and from school. School Travel Planning uses a collaborative approach, working to involve all relevant stakeholders and enable communities to tackle the root causes of their school's transportation challenges and take action on realistic and attainable solutions to address these barriers.

School Travel Planning combines transportation demand management principles with school engagement activities to encourage more active and sustainable school travel. The process is designed to address both attitudinal and infrastructural barriers in an effort to improve the health and well-being of individuals, communities, and the environment while decreasing traffic congestion around schools.

Key benefits of School Travel Planning are:

- Improved health and fitness of students
- Reduction in traffic congestion
- Improved traffic safety
- Reduction in pollution
- Improved air quality

HASTe, the Hub for Active School travel, provides professional services for the implementation of the STP process for the City of Coquitlam. HASTe has been implementing School Travel Planning since 2009, and is part of the Canadian Active & Safe Routes to School Partnership.

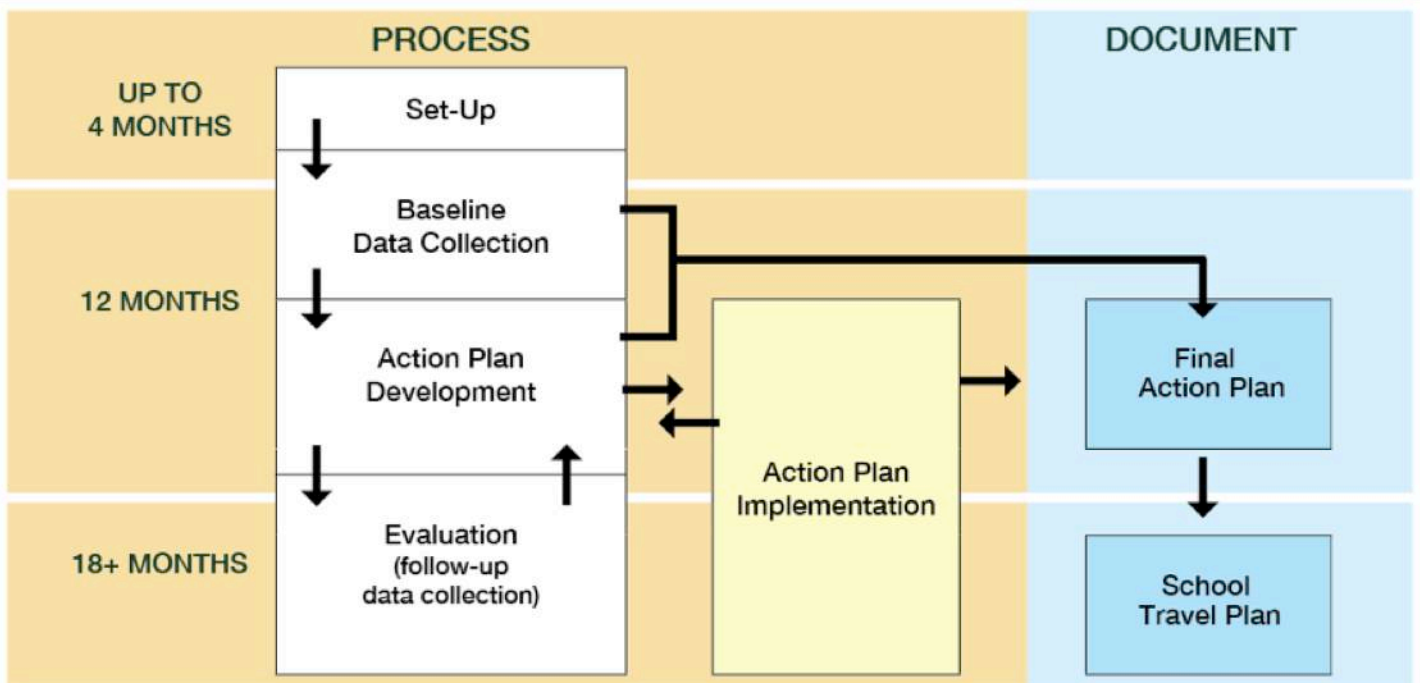
## About the School Travel Plan

The School Travel Plan is the final delivery component of the School Travel Planning process. It is a living document belonging to the school. It can be revisited regularly in order to update the status of Action Plan items and/or incorporate future evaluation findings.

## Recommendations

Recommendations for increasing participation in sustainable active transportation include engaging students, parents and school administrators in the process to develop a School Travel Plan and Action Plan; including the identification of potential infrastructure improvements; and educating students, teachers, school administrators and parents about the different options of getting to and from school.

### ▼ School Travel Planning Process



## About Hillcrest Middle School

Hillcrest Middle School (hereinafter Hillcrest) is part of School District 43 and is located at 2161 Regan Ave. in Central Coquitlam. The school neighbourhood has a WalkScore of 56/100, a transit score of 41/100, and a bike score of 38/100. Each score is a measure of neighbourhood accessibility, and is often an indicator of community health and well-being (walkscore.com).

Hillcrest serves grades 6 - 8 and has a student population of 567 (Fall 2015). The catchment area is comprised of mostly single-family homes with a reliance on the automobile for many families, according to survey results. There are 30 staff parking spaces, 2 handicapped space, and a small amount of street parking on Regan Ave. and Wilmont St. near to the school. The catchment boundary is outlined in the Best Routes to School Map found within the Implementation section.

The school supports families choosing active transportation for their trips to and from school and they have gained the reputation as Coquitlam's "cycling school", having won Bike to School Week Championships two years in a row. Safe, secure bike parking in the school's courtyard, and strong staff support for cycling, including infrastructure upgrades for better cycling accessibility, have resulted in a strong desire among students to bike for their trip to and from school.





## Data Collection Methodology

School travel data was collected using a variety of methods:

- Family take-home baseline surveys
- Family take-home follow-up surveys
- Student hands-up baseline surveys
- Student hands-up follow-up surveys
- School travel walkabout

## Hands-Up Baseline Data Collection

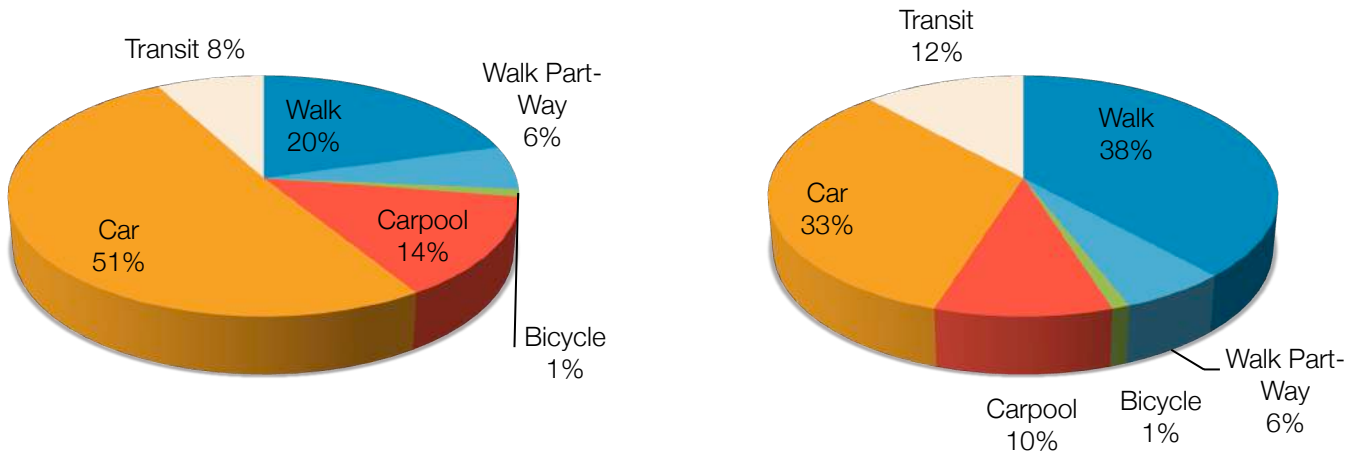
Baseline hands-up surveys and family take-home surveys were conducted in October 2014. Twenty divisions from grades 6-8 participated in the hands-up survey process. Classroom teachers recorded travel mode daily over a one-week period. Results of this survey can be found below.

## Walkabout Baseline Data Collection

In 2015 key stakeholders from the community participated in a series of walkabouts, with the purpose of identifying issues and developing an action plan. These stakeholders included School District 43, ICBC, TransLink/TravelSmart, Fraser Health, HUB Cycling, City of Coquitlam staff, Hillcrest Middle School parents and students, and the school's Principal.

The Hillcrest's school walkabout took place on February 17, 2015. Observations made on the walkabout informed the Travel Challenges section, Best Routes to School Map and the Action Plan (Appendix A). The walkabout handout can be found in Appendix B.

Hands-Up Survey Results (Oct 2014)



▲ Travel mode TO school (2014)

Based on hands-up surveys from 20 divisions. Recorded during the week of October 27, 2014.

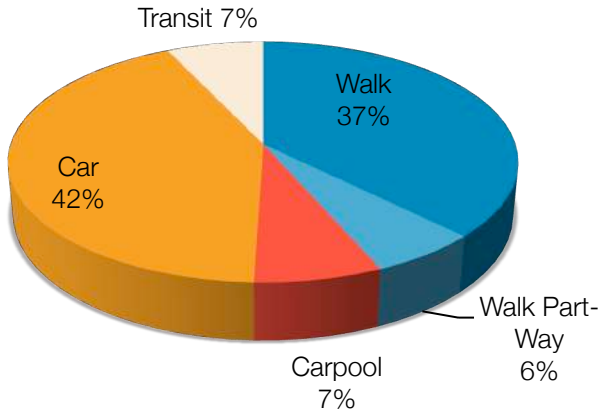
▲ Travel mode FROM school (2014)

Family Survey Baseline Data Collection

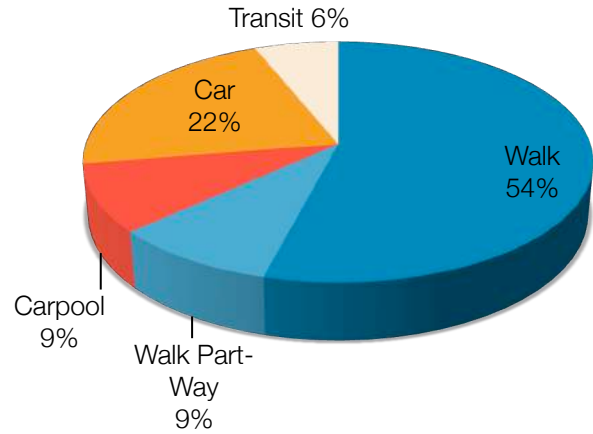
In November 2014, students were sent home with family take-home surveys. Families were asked to complete and return the survey to the school within one week. For a copy of the baseline family take-home survey, please see Appendix A.

At Hillcrest, 105 out of 567 families (19%) completed the survey. 91% of these families indicated support for School Travel Planning efforts at the school. Notable findings from the family take-home survey are presented below.

Family Take-Home Survey Results (2014)



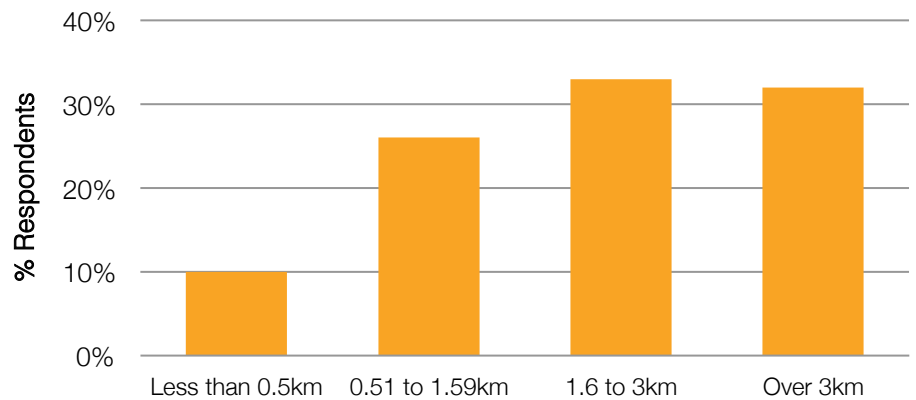
▲ Travel Mode TO School (2014)



▲ Travel Mode FROM School (2014)

Distance to School

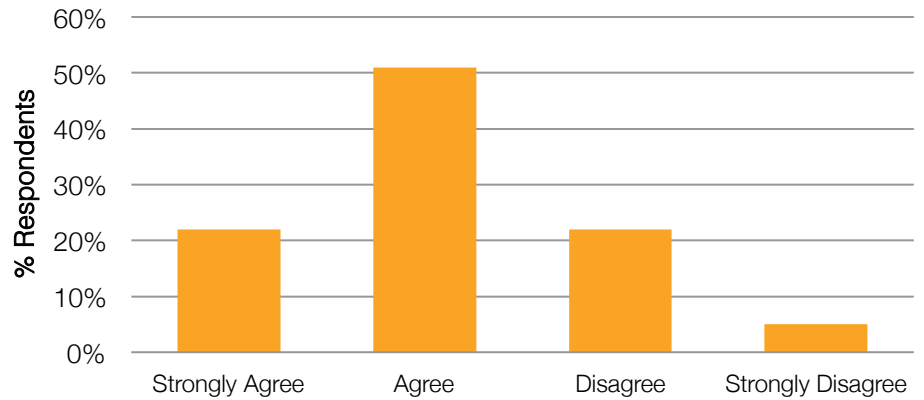
Of 105 families surveyed, 65% live farther than 1.6km from the school. 36% live within 1.6km, which is equivalent to a 15 minute walk for most children. 32% reported traveling over 3kms to school, of whom 59% of drive, 16% carpool, and 15% take transit.



▲ How far away do you live from school?

### Walking & Cycling Safety

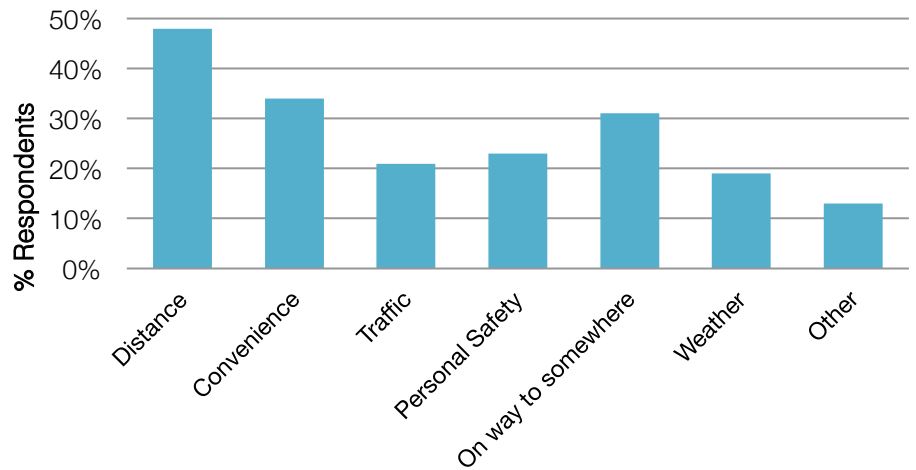
Of 105 families, 73% strongly agreed or agreed that their neighbourhood is safe for children to walk or cycle to school. 27% disagreed or strongly disagreed.



### ▲ Our neighbourhood is safe for children to walk or bike

### Reasons for Driving

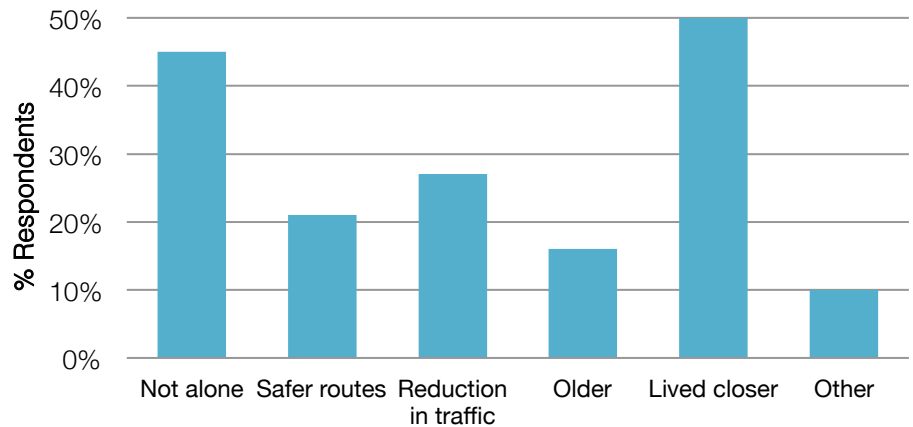
When asked why their children were usually driven to school, respondents indicated “distance” (48%), “convenience” (34%), and/or “on my way somewhere else” (31%) as their top three reasons.



### ▲ Reasons for driving child to school

### Conditions for Walking

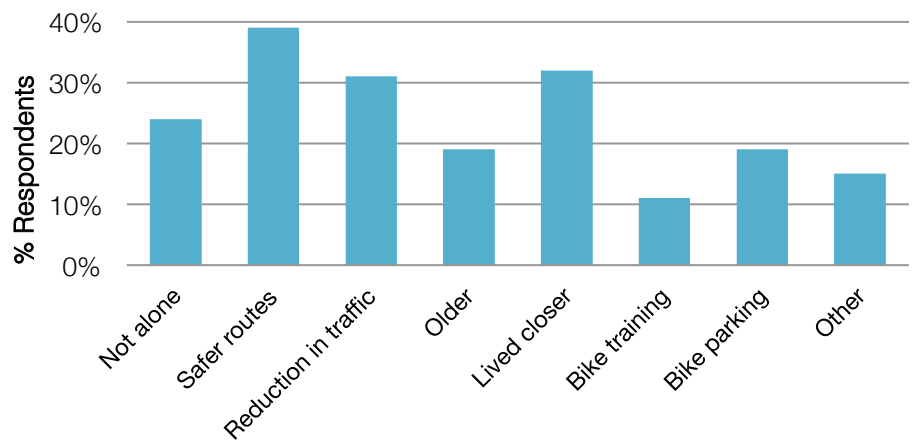
Families who drove their kids to school suggested that they would allow their child to walk to school if “they lived closer” (50%), “they did not walk alone” (45%), and/or “there was a reduction in traffic” (27%).



▲ I would allow my child to walk to school if...

### Conditions for Cycling

Families who drove their kids to school suggested that they would allow their children to cycle to school if “there were safer routes” (39%), “they lived closer” (32%), and/or “there were reduced traffic dangers” (27%).



▲ I would allow my child to cycle to school if...

## Travel Challenges Summary & Walkabout Areas of Concern

This section highlights the main travel challenges as identified by Hillcrest families through the take-home baseline surveys, and at school walkabouts and PAC meeting consultations. Based on its location within the neighbourhood and the existing street configuration, Hillcrest experiences on-going motor vehicle traffic-related challenges. The Action Plan found in Appendix A provides a list of all upcoming actions and completed actions taken to address many of these issues.



▲ Looking south on Linton St. towards the crosswalk at Regan Ave.

### 1.

#### Linton St. & Regan Ave.

Regan Ave. is a well-used route to school for families, according to take home survey results. Pedestrian crossing at its intersection with Linton St. was a source of concern, as visibility for all road users is poor. Planned signage and infrastructure upgrades to this crossing will improve intersection for drivers and pedestrians.

## 2.

### Neighbourhood Truck Traffic

Families reported having an issue with the amount of delivery truck traffic in the neighbourhood, particularly on local and collector streets. Many of these streets are popular routes to school, and families expressed concerns about pedestrians and large trucks sharing the road safely.

The close proximity of the school to Como Lake Ave. (a major thoroughfare) and the Como Lake Village Shopping Centre are thought to be reasons for the heavy truck traffic experienced by the neighbourhood.



▲ A truck waits to make a left turn onto Como Lake Ave. near the Shopping Village.



▲ Residential property encroaches onto the sidewalk on Regan Ave.

## 3.

### Sidewalk Section along Regan Ave.

Highlighted during the walkabout at Hillcrest was a section of sidewalk along Regan Ave. that is narrow and might be problematic for those using a walking aid or wheelchair.

## School Travel Planning Action Plan

### Traffic Operations Improvements

The City of Coquitlam engineering staff reviewed the school walkabout report, cross-referencing its findings with existing studies, programs and projects. The following is a list of the traffic operational improvements that supplement the improvements made as part of the Middle School Walk-Bike Ability program. These improvements to the pedestrian network are intended to promote sustainable and active transportation.

#### Linton St. & Regan Ave.

- **Pending:** The City of Coquitlam will convert existing temporary curb bulges into a permanent configuration in coordination with the City's repaving program, which is currently scheduled for 2017. The pedestrian signs on Linton St. will be relocated after the curb bulges are converted as part of the permanent installation.

#### Neighbourhood Delivery Truck Traffic

- **Completed:** Traffic and truck volume data was collected in spring of 2015. Truck volumes on Regan Ave. and Montrose St. were reviewed by City of Coquitlam staff, who found them to be very low, and well within acceptable limits.

#### Como Lake Ave. & Thermal Dr.

- **Completed:** The City of Coquitlam conducted an assessment of the intersection, and found a protective-permissive left turn signal for westbound vehicle traffic on Como Lake Ave. into the school driveway was not warranted, as the existing traffic signal operation effectively regulated flow of traffic into the school, giving preference to pedestrians.

#### School Zone Signage

- **Completed:** An assessment for upgrading school signage along Regan Ave. was conducted by the City of Coquitlam. It was determined that a School Zone Ahead sign on Regan Ave. between Linton St. & Mars St. was not warranted, as it



would not accord with national guidelines, which ensure consistency.

#### Narrow sidewalk segment on Regan Ave.

- **In Progress:** The City of Coquitlam is reviewing options to increase the width of the sidewalk fronting the 1965 Regan Ave. property. This will be addressed in 2017 as part of the City's capital program.

#### Parking near school property

- **Completed:** An assessment was conducted by the City of Coquitlam regarding the removal of parking along the north side of Regan St. east of Wilmont St. (near the School entrance) to improve visibility for drivers and pedestrians. The City determined that no further changes to the on-street parking were warranted for this section.

#### City to assess Park n' Walk locations

- **Completed:** City of Coquitlam staff will explore the potential for inclusion of this parking lot in an upcoming meeting with School District 43 on shared and joint use sites.

#### Mundy Park Community Path

- **Completed:** Infrastructure upgrades were made to the multi-use pathway that runs behind Hillcrest. This section of the pathway was an important improvement, and it now provides a safer crossing option for all users, including students walking or cycling to school. This item was not included in the original action plan developed for Hillcrest, but is noted here because of its direct relevance to improving the walking and cycling connections to the school.

## Education & Engagement

### Best Routes to School Map

A Best Routes to School Map was developed from baseline family take-home surveys and walkabout information, and in consultation with the PAC. Copies of the map were printed and distributed to families in Fall 2016, and will also be accessible online through the school's website.

#### ▼ Hillcrest Middle School - Best Routes to School Map



## TravelSmart Youth Engagement Program

As part of the School Travel Planning initiative, the TravelSmart Youth Engagement Program worked with 10 leadership students at Hillcrest. Over the course of 8 sessions, students:

- Students learned about STP and youth's role with the process,
- Students learned about the benefits of making active transportation choices,
- Students worked in small writing groups to develop content for their full school assembly,
- Students developed colourful posters to hang throughout the school to promote the Active Travel Lemonade event, and
- Students developed a PowerPoint presentation and script to promote safe and active travel to school.

TravelSmart youth leaders participated in a launch assembly on May 8, 2015. This included a TED talk-styled presentation, followed by a TravelSmart Trivia Game Show, and was presented to the entire school.

The school also participated in the Walk n' Roll Event on May 13, 2015, including a wrap up TravelSmart event on June 5, 2015. Lemonade was served to all students who walked or rolled to school that morning. "I love walking, transit and biking" stickers were given out to all students.

## Bike to School Week

For the past two years, Hillcrest has been Bike to School Week champion for middle schools across the province. With strong support from school administration and staff, this year Hillcrest challenged all other middle schools in SD43 to register for the event.

BTSW was the culminating event of the School Travel Planning process and HUB’s Ride the Road cycling training, which was provided cycle training to all grade 6/7 classes at the school.

In preparation for Bike to School Week 2015, Tu Loan Trieu, a teacher at Hillcrest, participated in the Tri-Cities Tricycle Challenge; joining Mayors from the Tri-Cities and other principals from neighbouring schools, she raced in support of BTSW.

## School Active Travel Promotion & Outreach

**Bike to School Week Champion - Tu Loan Trieu**  
Tuesday April-26-2016



- ▲ Tu Loan Trieu, Hillcrest teacher, was profiled on the HASTe and HUB websites during Bike to School Week.

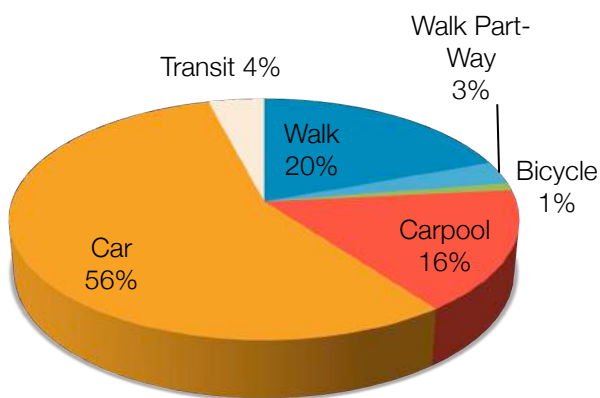
- ▲ Students take the TravelSmart pledge during an event at Hillcrest in June 2015.

### Hands-Up Follow-Up Data Collection

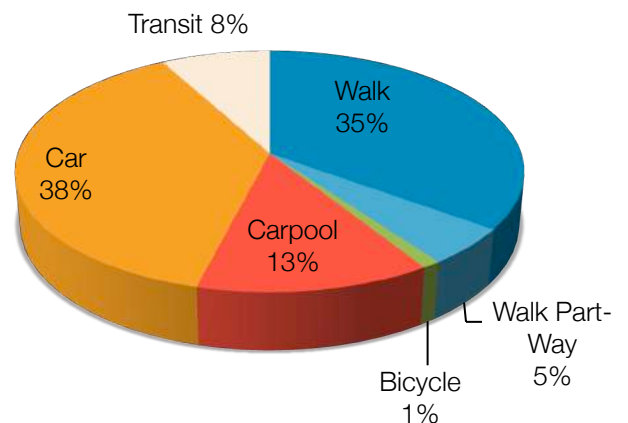
School travel follow-up data was collected through two methods: student hands-up surveys and family take-home surveys. Both surveys were conducted in November/December 2015, approximately one year after baseline data collection. Ideally, follow-up data collection follows a 1.5 to 2 year timeline, which allows interventions and programming developed during the STP process to play out in their entirety having the full impact on travel behaviour at the school.

Fifteen divisions from grades 6-8 participated in hands-up surveys during the week of December 7, 2015. Compared with hands-up baseline mode-share data, the results show a slight drop (2-3%) in all modes of active travel (walking, bike, and transit) and a slight increase in rates of driving (i.e. single family and carpooling). This shift in mode-share could be in response to a number of variables, including a relatively rainy week in December coinciding with the hands-up baseline surveys. This is verified when the data is compared to the mode-share results from the follow-up family take-home survey, which were collected during a cloudy week in early November 2015 and show a moderate increase (4-10%) in walking and cycling – a significant difference.

### Follow-Up Hands-Up Survey Results



▲ Travel mode TO school (Dec. 2015)



▲ Travel mode FROM school (Dec. 2015)

16% of Hillcrest Middle School families surveyed indicated that they are driving less to get to and from school.  
- Family take-home surveys

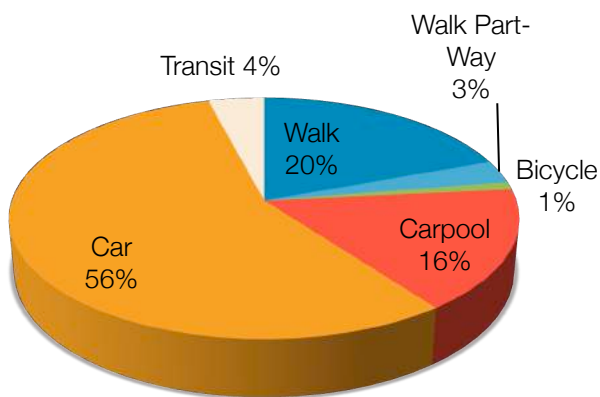
### Family Survey Follow-Up

Family take-home surveys were administered online and families had one week to submit their responses during the first week of November 2015. In total 72 families (13%) completed the survey, of whom 37% indicated that they had filled out the baseline survey in 2014.

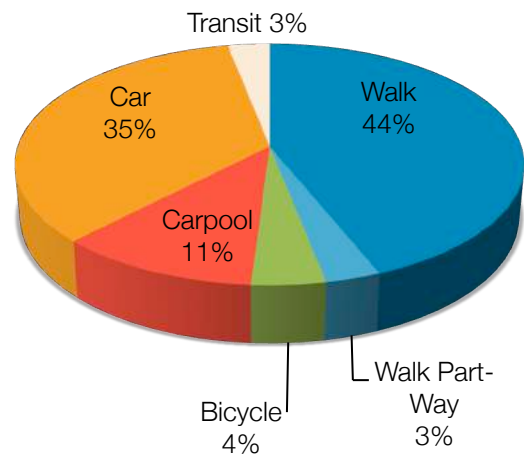
Based on the follow-up surveys, 16% of families indicated that they are driving less to get to and from school. When asked what they were doing more of, 82% of parents said walking, and 9% reported cycling and taking transit, respectively.

As mentioned before, the family-take home survey data showed a noteworthy difference in active travel mode share (approximately 4-10%). Inclement weather during the surveying was likely a factor as the number of students using active modes of travel between early November (dry and mild) and early December (wet and cold) was significantly different (as indicated in the graphs below).

### Hands-Up Vs. Family Take-Home Surveys: Follow-Up

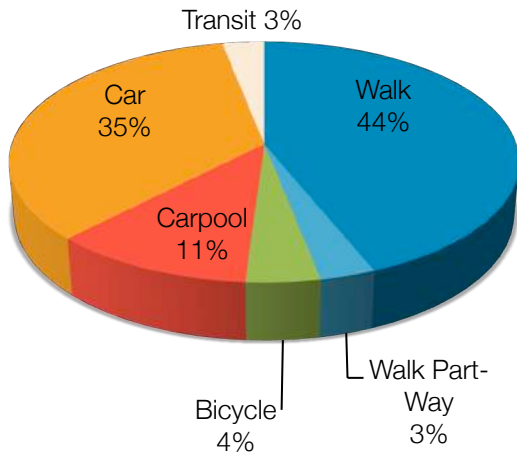


▲ Follow-Up Hands Up TO school (Nov. 2015)

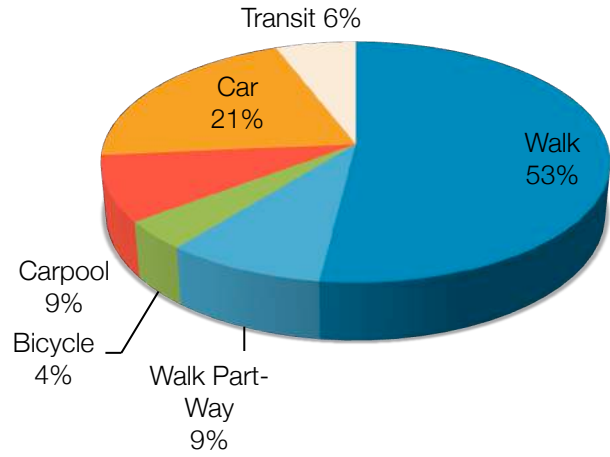


▲ Follow-Up Family Take-Home TO school (Nov. 2015)

Family Take-Home Surveys: Follow-Up



▲ Family Take-Home TO School (Nov. 2015)



▲ Family Take-Home FROM School (Nov. 2015)

## Summary of Main Findings

With a clearer understanding behind the reasoning of family travel choices, the targeted programming, activities and interventions can be planned and developed with the best opportunity for effective results. A few of these activities are highlighted in the table below, which have been ranked by parents at Hillcrest.

93% of Hillcrest Middle School families support ongoing School Travel Planning initiatives  
- Family take-home surveys

Which STP activity was most effective?	
Activity	Importance (% as ranked by parents)
1. Infrastructure improvements	48%
2. HUB cycling training	17%
3. Bike to School Week (May 2015)	13%
4. TravelSmart programs (e.g. contests/ incentives, Walking Wednesdays, assembly)	10%
5. Newsletter announcements	6%

The importance of infrastructure improvements (48%) indicates an interest from families for building a supportive environment conducive to active transportation. Parent surveys (39%) indicated that they would allow their child to cycle to school if there were safer routes; cycling at Hillcrest, which has a heavy buy-in from staff and school administration, would likely see a further increase with the provision of additional infrastructure that accommodates cyclists of varying skill and confidence levels. 9% of families responded that they are cycling more often to school than before the STP process began.

Middle school catchments such as Hillcrest’s can be quite large and many families (32%) reported living beyond 3kms from school, stating that distance was the number one reason they drove to school. Cycling can become an attractive way to conquer this



distance, and empower students to become independent travellers at a key time of their school careers.

The idea of cycling to school for middle school aged kids (11-13 years old) is a more feasible option for families than it was at the elementary school level based on our data findings from both age groups. Targeting cycling instruction (i.e. HUB's Ride the Road program) at this demographic has had strong support from school administration, parents, and the City and would be a welcome addition to regular school programming in the future.

“The results of School Travel Planning have been amazing – more kids walking, biking, scootering and skateboarding to school and less traffic in our parking lots.”

- Nadine Tambellini, Principal

## School Travel Planning Members

The School Travel Planning process for Hillcrest Middle School 2014/2015 worked with a School Travel Planning School Committee and a School Travel Planning Stakeholder Committee. Key members of each committee are listed below.

### School Committee

- Nadine Tambellini: Principal
- Karla Scribner: PAC Chairperson
- Pam Cowan: PAC Vice-Chair

### Stakeholder Committee

- Devon Ross: School District 43
- Mariee Devereux: TravelSmart, TransLink
- Staff from the City of Coquitlam Transportation Planning, Traffic Operations and Bylaw
- Kathleen Nadalin: ICBC
- Scout Gray: HUB Cycling
- Alex Kwan: Fraser Health
- Terry MacDonald: RCMP



## Appendix A

1. Action Plan for Hillcrest Middle School
2. Baseline & Follow-Up Surveys: Hands-Up and Family Take-Home

## Appendix B

1. Hillcrest Walkabout Handout

## Appendix A: Action Plan for Hillcrest Middle School



Action/Initiative	Task	Start Date	End Date	Status
<b>School Travel Planning</b>				
<b>School Travel Planning Facilitator Actions</b>				
Baseline Data Collection	Conduct Baseline Family Survey and Classroom Survey.	Nov 2014	Nov 2014	
Walkabout	Conduct a School Community Walkabout with STP Municipal, School and Parent Stakeholders.	Feb 2015	Feb 2015	
PAC Engagement	Attend Spring PAC Meeting. Provide newsletters information about Pick-Up Drop-Off area, crosswalk education for parents, and feedback about draft Best Routes to School maps .	May 2015	May 2015	
Principal Engagement	Work with principal to provide and develop pedestrian and cycling safety resources, contest and prizes for students and parents throughout the year.	Winter 2014	Ongoing	
Complete DRAFT Action Plan	Complete draft action plan, solicit feedback from school planning committee and steering committee.	Feb 2015	Feb 2015	

Action/Initiative	Task	Start Date	End Date	Status
Complete "Best Route to School" maps	Develop Best Walking and Cycling Route to School using community input and feedback and codify them in a map of the catchment, to be distributed to families in the spring or early next fall.	May 2015 or Sept 2015	Sep 2016	
In-class youth education and engagement	Deliver in-class education and engagement curriculum complete with 'launch' assembly.	Jan 2015	April 2015	
School Event	Work with Youth Engagement Program, PAC & Principal to host a community event, e.g. Bike to School Week fundraiser.	Feb 2015	May 2016	
Collect Follow-up Surveys	Conduct follow-up Family Survey and Classroom Survey.	Nov 2015	Nov 2015	
Report on implementation of STP and initiatives	Oversee the implementation of Action Plan items and track the actual versus planned timing and cost of initiatives.	ongoing	Sep 2016	
Analyze and report on survey findings	Enter data, produce result graphs.	May 2015	Sep 2016	
Complete School Travel Plan	Track progress, collect all relevant STP information and develop School Travel Plan document. Copies provided to Hillcrest Middle School, City of Coquitlam, and TravelSmart.	Dec 2015	Sep 2016	
<b>Municipal Steering Committee Actions</b>				
<b>Coquitlam School District Actions</b>				
Facilitation & Support	Devon Ross to act as liaison between HASTe and STP schools.		2-3 years	

Action/Initiative	Task	Start Date	End Date	Status
<b>City of Coquitlam Actions</b>				
Infrastructure	<p>City to conduct assessment of the intersection at Como Lake Ave. &amp; Thermal Dr.</p> <ul style="list-style-type: none"> <li>Assess need for an advanced left hand turn light for westbound drivers turning onto Thermal Dr. from Como Lake Ave. into the school, exclusive during morning drop-off (8am – 9am) and afternoon pick-up (2:45pm – 3:15). Monday to Friday.</li> </ul>	Feb 2015	Aug 2015	Assessment completed: a protective-permissive left turn signal on Como Lake WB into the school driveway is not recommended as the existing traffic signal operation regulates flow of traffic into the school, giving preference to pedestrians.
	<p>City to assess need for School Zone Ahead sign located for eastbound traffic along Reagan Ave. (between Linton St. &amp; Mars St.).</p>	Feb 2015	June 2015	Assessment completed: the implementation of School Zone signage is done in accordance with national guidelines to ensure consistency, installing a sign in the location requested would place the signage too far away from the school so is not recommended.

Action/Initiative	Task	Start Date	End Date	Status
	<p>City to assess intersection of Linton St. &amp; Regan Ave. Specifics:</p> <ul style="list-style-type: none"> <li>• re-locate pedestrian signage on Linton St. to increase visibility to cars traveling in both directions (i.e. move them closer to the street so they can be seen from a further distance away).</li> <li>• Convert existing temporary curb bulges into permanent ones to increase the visibility of both drivers and pedestrians and accommodate a safer and shorter walking path for pedestrians across the intersection (updated Aug 2016).</li> </ul>	Feb 2015	June 2015	The existing temporary curb bulges will be converted into a permanent configuration and will be done in coordination with the City's repaving program, which is currently scheduled for 2017.
	<p>City to assess need for parking along northside of Reagan St. east of Wilmont St. (near school entrance). Removing parking would free up space for a safer arrival to school by improving visibility for drivers and pedestrians.</p>	Feb 2015	June 2015	The assessment is complete, no further changes to on-street parking are recommended for Regan east of Wilmont Street.
	<p>City to assess neighbourhood truck traffic related to the Como Lake Village Shopping Centre.</p>	Feb 2015		City assessment complete: Traffic and truck volume data was collected in spring of 2015, truck volumes on Regan Avenue and Montrose were reviewed and were

Action/Initiative	Task	Start Date	End Date	Status
				found to be very low, only one or two truck trips occurring during the morning period which is well within acceptable limits.
	City to assess narrow sidewalk segment on Regan Ave. due to encroachment made by property (#1965 Regan Ave).	Feb 2015	Aug 2015	In Progress (Aug 2016): City is reviewing options to improve the narrow sidewalk width fronting the 1965 Regan Ave property. This will be addressed in 2017 as part of the City's capital program.
	City to assess Park n' Walk locations	Feb 2015	Oct 2016	In Progress: City of Coquitlam staff will explore the potential for inclusion of this parking lot in an upcoming meeting with School District 43 on shared and joint use sites.
<b>RCMP &amp; ICBC Actions</b>				
Road safety/personal	Kathleen Nadalin to arrange Speed Watch along	Feb 2015		She will need a Como



Action/Initiative	Task	Start Date	End Date	Status
safety	Como Lake Ave. between Linton St. and Seymour Dr.			Lake Ave. household to volunteer their driveway to accommodate ICBC truck (principal and parents are investigating).
<b>Fraser Health Actions</b>				
Environmental Health	Continue providing information and expertise regarding matters of design and the built environment and health outcomes for families and schools.	Feb 2015		
<b>HUB Actions</b>				
Bike Safety training	Bike education training for all middle school students.	Spring 2015	Apr 2015	
Bike to School Event	Support Bike to School Event (May 26-29).	May 2015		
<b>TransLink - TravelSmart</b>				
Resources and school education and engagement	Mariee Devereux to ensure Travel Smart program informs and utilizes teachers, parents, and the Municipal Stakeholders Committee in the programming at Hillcrest Middle School.	Feb 2015	Apr 2015	
<b>Principal Actions</b>				
Register for Bike to School Week	Register and participate in Bike to School week. Visit <a href="http://www.hastebc.org/btsw">www.hastebc.org/btsw</a> for details.	Spring 2015		
Bike to School Week	Hillcrest, as 2014 Bike to School Week champions,	Feb 2014	ongoing	

Action/Initiative	Task	Start Date	End Date	Status
promotion	will challenge all schools in SD 43 to compete in 2015. Nadine Tambalini has agreed to compete in a tri-cycle race with other principals to promote and launch Bike to School Week 2015.			
STP meeting	Principal will need to attend annual School Travel Planning meeting to update school progress and/or identify new concerns.	ongoing	Oct 2016	
Newsletter and Announcement promotion	Continue to promote Newsletter and announcements to support safe and active travel and behaviour change. Carol Volpatti and Dawn Emberly (PAC co-chairs) to keep PAC informed with next steps of School Travel Planning process and engagement with the Travel Smart program and the in-class engagement with students.	ongoing	Oct 2016	
Resources, Contests & Campaigns	Provide pedestrian and cycling safety information to students throughout the year, including Best Routes to School maps. Support contests, prizes and incentives to encourage parents & student engagement.	Spring 2014	Sept 2016	
<b>PAC Actions</b>				
Newsletter	<ul style="list-style-type: none"> <li>• Best Routes to School maps delivered to families in Sep 2016</li> <li>• Separate item in the newsletter stating new location of park n' walk locations and meeting places.</li> <li>• Educate PAC &amp; Parents with STP updates</li> </ul>	May 2015	Ongoing	

Action/Initiative	Task	Start Date	End Date	Status
	(includes: resources, infrastructure change updates & upcoming events)			
Best Routes Map	Contribute to editing the Best Routes to School Map	Feb 2015	Dec 2016	
<b>New Actions</b>				

Walkabout date: 17 February 2015

**Walkabout Participants**

- Nadine Tambalini, Principal
- Fiona Zawadzki, PAC rep & parent
- Catherine Hubbs, Parent
- Lyle Chausse, Parent
- Dave Lewin, TravelSmart/TransLink
- Mariee Devereaux, TravelSmart/TransLink
- Kathleen Nadalin, ICBC
- Alex Kwan, Fraser Health
- Alyshia Burak, HUB Cycling
- Jannette Guarin, City of Coquitlam
- Mumtaz Abro, City of Coquitlam
- Mike Smith, HASTe



# HANDS UP TRAVEL SURVEY

Please complete this survey, using stand-up or hands-up methods (ask students to raise their hand's or divide in separate corners of the classroom) for the week of:

**Monday October 27 – Friday October 31, 2014**

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_ Division #: \_\_\_\_\_ # Students: \_\_\_\_\_

**Ask students: "How did you travel to school this morning?"**

	<i>Weather</i>	Walked /scooter	Walked part-way*	Bicycle	School Bus	Public Transit	Carpool (2 or more families)	Car (Just my family)	Other?	Total
<b>Mon</b>	Example: Rainy/6C									
<b>Tues</b>										
<b>Wed</b>										
<b>Thur</b>										
<b>Fri</b>										
<b>Total</b>										
<b>Avg=Total/5 not for teachers</b>										

**Ask students: "How will you travel from school today?"**

	<i>Weather</i>	Walked /scooter	Walked part-way*	Bicycle	School Bus	Public Transit	Carpool (2 or more families)	Car (Just my family)	Other?	Total
<b>Mon</b>	Example: Rainy/6C									
<b>Tues</b>										
<b>Wed</b>										
<b>Thur</b>										
<b>Fri</b>										
<b>Total</b>										
<b>Avg=Total/5 not for teachers</b>										

Walked part-way = \*Walked at least one entire block. (e.g. Park & Walk)



# Hillcrest Middle School

## School Travel Planning Baseline Survey

12 November 2014

Dear Parent (Guardian):

Hillcrest Middle School is working together with the City of Coquitlam's School Travel Planning program to help reduce school traffic congestion and encourage more students to walk, scooter, skate or cycle on their journey to and from school.

The benefits of active school travel include:

- Increased safety.
- Improved health.
- Arriving alert and ready to learn.
- Less stress, greater happiness.
- Reduced traffic congestion near the school.
- Less air pollution.

The School Travel Planning survey will help to better understand the travel choices made by families at Hillcrest with the purpose of improving the safety and health of the school community.

## Two Step Survey

This survey has two parts: an online questionnaire and a paper mapping exercise. To complete the online section please visit [www.hastebc.org/coquitlam](http://www.hastebc.org/coquitlam) and follow the detailed instructions for your school.

You'll find the mapping exercise on the following pages. Once complete, **please have your child return it to their classroom teacher by Wednesday November 19<sup>th</sup>, 2014.**

If you have any questions about the survey or the School Travel Planning process, please contact: Mike Smith, School Programs Manager. [mike@hastebc.org](mailto:mike@hastebc.org)

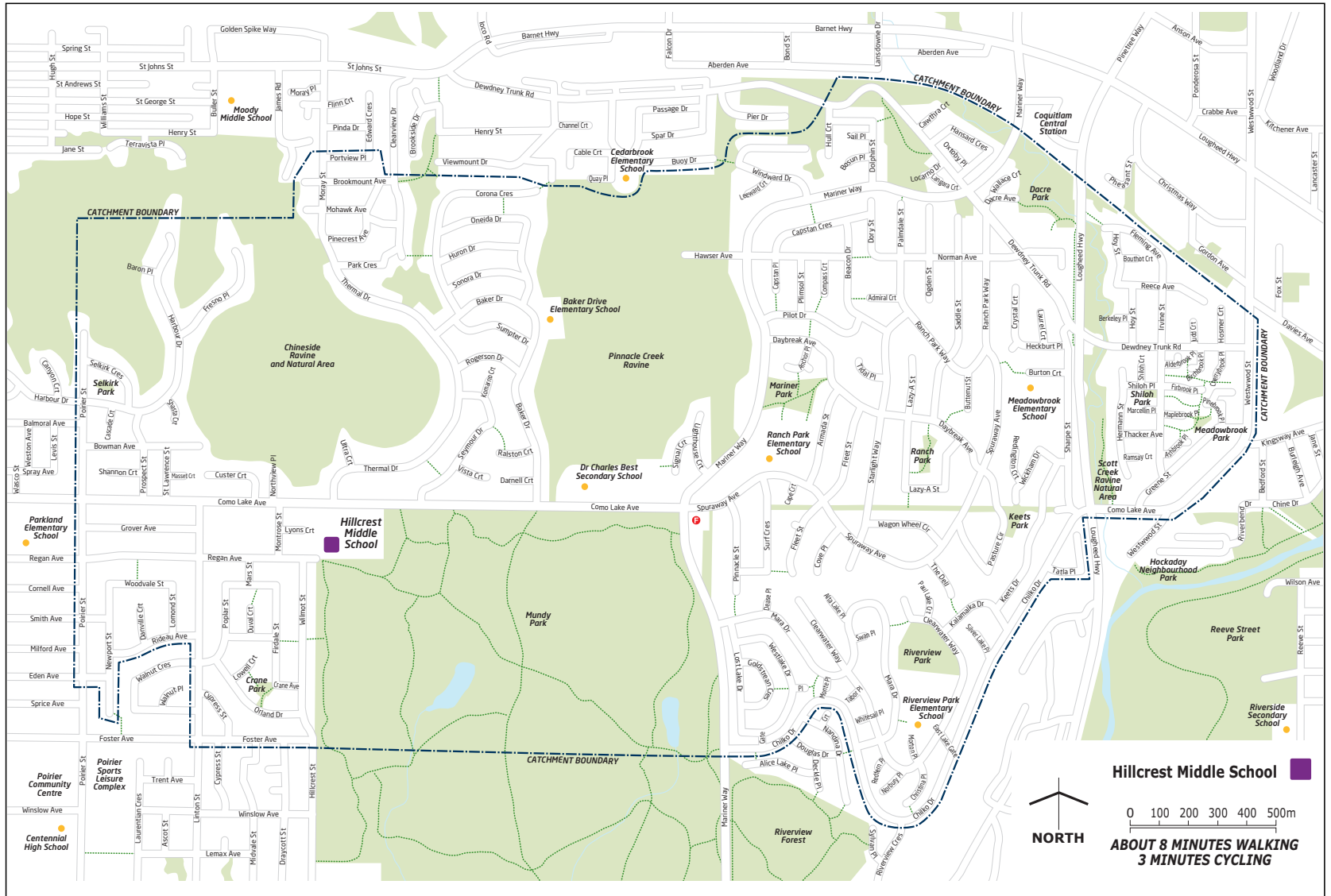
Thank you,

Nadine Tambellini, Principal

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See back page for mapping instructions.



**MAPPING EXERCISE: FOR PARENTS & STUDENTS TO ANSWER AS A FAMILY**

Please complete the following map with the **WALKING** or **CYCLING** route your child/children take to get to and from School. If you usually drive please indicate the route **you would** walk or cycle. Identify any locations that are of concern to you with a number (e.g. 1, 2, 3) and describe these in the table below.

What do you think is unsafe in this area?
e.g. Linton St near Como Lake Ave. Cars turn right without looking for pedestrians.

**PLEASE HAVE THIS MAPPING EXERCISE COMPLETED AND RETURNED TO THE SCHOOL BY WEDNESDAY NOVEMBER 19<sup>TH</sup> 2014. AND DON'T FORGET TO FILL OUT THE ON-LINE SURVEY, TOO. THANKS SO MUCH!**

*HASTe BC (The Hub for Active School Travel) is the provincial lead for School Travel Planning in British Columbia.*

*For more information please visit our website: [www.hastebc.org](http://www.hastebc.org)*

*School Travel Planning Coquitlam is funded by the City of the Coquitlam and TravelSmart.*





# CLASSROOM HANDS UP TRAVEL SURVEY

Please complete this survey, using hands-up methods (ask students to raise their hands) for the week of:

**Monday December 7<sup>th</sup> – Friday December 11<sup>th</sup> 2015**

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_ Division #: \_\_\_\_\_ # Students: \_\_\_\_\_

**Ask students: "How did you travel to school this morning?"**

	<i>Weather</i>	Walked /scooter	Walked part-way*	Bicycle	School Bus	Public Transit	Carpool (2 or more families)	Car (Just my family)	Other?	Total
<b>Mon</b>	Example: Rainy/6C									
<b>Tues</b>										
<b>Wed</b>										
<b>Thur</b>										
<b>Fri</b>										
<b>Total</b>										
<b>Avg=Total/5 not for teachers</b>										

**Ask students: "How will you travel from school today?"**

	<i>Weather</i>	Walked /scooter	Walked part-way*	Bicycle	School Bus	Public Transit	Carpool (2 or more families)	Car (Just my family)	Other?	Total
<b>Mon</b>	Example: Rainy/6C									
<b>Tues</b>										
<b>Wed</b>										
<b>Thur</b>										
<b>Fri</b>										
<b>Total</b>										
<b>Avg=Total/5 not for teachers</b>										

Walked part-way = \*Walked at least one entire block. (e.g. Park & Walk)





**Hillcrest Middle School**  
2161 Regan Ave.  
Coquitlam, BC V3J 3C5  
☎ 604-936-4237  
School District 43 ~ Coquitlam

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## RE: FOLLOW-UP FAMILY TRAVEL SURVEY

Dear Parent (Guardian):

November 16, 2015

Hillcrest Middle School has been working together with the City of Coquitlam's School Travel Planning program to help reduce school traffic congestion and encourage more students to walk, scooter, skate or cycle on their journey to and from school.

Hillcrest took part in this program to:

- Improve safety in our community
- Increase the health and well-being of our students
- Increase the amount of students arriving alert and ready to learn
- Reduce pollution where our students play; and
- Reduce traffic congestion at and around our school

Some highlights from the last year include: Crosswalk assessments and upgrades, TravelSmart Youth Leadership program, and HUB Cycling training. Hillcrest also defended as Bike to School Week Champions for the second year in a row.

This follow-up survey is to help us understand the impact that School Travel Planning has had on travel behavior at Hillcrest Middle School.

Please access the on-line survey by visiting this link: The survey will take about 7 minutes to complete. [www.hastebc.org/coquitlamsurvey](http://www.hastebc.org/coquitlamsurvey)

**The deadline to submit the survey is: FRIDAY NOVEMBER 20<sup>th</sup> 2015.**

If you have any questions about the survey or the School Travel Planning process, please contact: Mike Smith, HASTe, [msmith@hastebc.org](mailto:msmith@hastebc.org)

Thank you,  
Nadine Tambellini  
Principal



*To protect your privacy this survey does not require you to provide your name. All information will be kept strictly confidential.*

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“Creating a Positive, Encouraging and Supportive  
Learning Environment”

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## Appendix B: Walkabout Handout

### Hillcrest School Walkabout – Feb.17, 2015



#### School Information

Grades 6-8  
550 students

#### Travel Information

Mode	TO SCHOOL		FROM SCHOOL	
	BL (#)	BL (%)	BL (#)	BL (%)
Walk / Scooter / Skate	42	37%	57	53%
Walk part-way (at least one entire block)	7	6%	10	9%
Bicycle	0	0%	0	0%
School bus	1	1%	1	1%
Public Transit (TransLink)	8	7%	7	6%
Carpool (2 or more families)	8	7%	10	9%
Car (just your family)	47	42%	23	21%
Other	0	0%	0	0%
<b>TOTAL</b>	<b>113</b>	<b>100%</b>	<b>108</b>	<b>100%</b>

*Large catchment area (approx. 20% of students traveling from outside of boundaries).*

Distance traveled to school	BL (#)	BL (%)
Less than 0.5km	10	10%
0.51 to 1.59km	27	26%
1.6 to 3km	34	33%
Over 3km	33	32%
<b>TOTAL</b>	<b>104</b>	<b>100%</b>

Reasons for Driving	BL (#)	BL (%)
Distance	32	58%
Convenience	21	38%
Traffic	14	25%
Personal Safety	14	25%
On way to somewhere else	20	36%
Weather	13	24%
Other	8	15%
<b>TOTAL Drivers</b>	<b>55</b>	<b>100%</b>

## **Walkabout route & locations**

**1. School Grounds**

**2. Thermal & Como Lake Ave.**

**3. Regan & Linton**

**4. Como Lake Ave & Seymour Dr.**

**Notes:**