

DARKER MORNINGS. BRIGHTER CHOICES.

A few simple habits to help Surrey students get to school safely and stay well this season.



WALKING & ROLLING

Bright, aware, unplugged.

- Wear bright or reflective gear.
- Cross at marked crosswalks and make eye contact with drivers.
- Phones and headphones away. Bike lights on, front and rear.



DRIVING

Slow down. Look twice.

- Obey school-zone speed limits.
- Full headlights on, not just daytime running lights.
- Phone away until parked; use the drop-off area.



FEELING WELL

Rest, daylight, connection.

- Keep regular bedtimes; less screen time before bed.
- Get outside in daylight and stay active.
- Big changes in sleep, energy or mood? Talk to a health care provider.

Leave early • Light up • Look up • Slow down

More seasonal wellness tips: sd36.ca/morningsafety