Cariboo-Chilcotin School District

Tel 250-398-3800 | sd27.bc.ca
350 North 2nd Avenue, Williams Lake, BC, V2G 1Z9

Helping Students Stay Safe as B.C. Moves to Permanent Daylight-Saving Time

Date: November 19, 2026

As British Columbia transitions to permanent daylight-saving time, families can expect darker mornings during the fall and winter months. With the clocks no longer turning back in November, many students will be travelling to school before sunrise.

While the change means more daylight in the afternoons, it also makes morning visibility and road safety especially important.

As we adjust to this change, we encourage parents and caregivers to take a few simple steps to help children stay safe, visible and prepared for their journey to school.

Tips for Morning Commutes

Whether your child walks, bikes, takes the bus or gets dropped off at school, a little preparation can make a big difference.

1. Be bright and visible

Darker mornings and rainy weather can make it harder for drivers to see pedestrians and cyclists.

- Encourage your children to wear bright or reflective clothing, especially on jackets, backpacks and shoes.
- Consider adding reflective strips, clip-on lights or small flashlights to help children stand out.
- If your child bikes or scooters to school, ensure they wear a properly fitted helmet and use appropriate front and rear lights.

2. Plan a route to school

Take some time to review your child's route to school, especially if they travel independently.

- Choose well-lit routes with sidewalks and marked crosswalks whenever possible.

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- Walk the route together to identify safe crossing locations and areas where visibility may be limited.
- Encourage children to travel with a friend or group when possible.
- Remind children to avoid shortcuts through parking lots or other areas where drivers may not expect pedestrians.

3. Review road safety habits

Darker mornings are a good opportunity to refresh important road safety reminders.

- Stop, look and listen before crossing the street.
- Use designated crosswalks and make sure vehicles have come to a complete stop before crossing.
- Stay alert and put away phones and earbuds when crossing roads.
- Never assume a driver can see you, even when you have the right of way.

4. Take extra care at bus stops and school drop-off areas

Students waiting for buses or arriving at school may be less visible during the early morning hours. CCSD27 has provided each school with reflectors for bus students to place on their backpacks.

- Encourage children to place the CCSD27 reflector on their backpacks for added visibility.
- Encourage children to wait in a safe, visible location away from the roadway.
- Remind children to stay back from the curb and wait until the bus has stopped before approaching.
- If driving, slow down around schools, bus stops and crosswalks, and watch carefully for children.
- Allow extra time during the morning commute to avoid rushing.

Supporting Healthy Sleep and Morning Routines

Changes in daylight can also affect children's sleep, energy levels and alertness, particularly during the darker winter months.

Parents and caregivers can help children adjust by:

- **Keeping a consistent sleep schedule:** Encourage regular bedtimes and wake-up times, including on weekends.
- **Creating a calming bedtime routine:** Limit screen time before bed and allow time to wind down.

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- **Making the most of daylight:** Encourage outdoor play, physical activity and time in natural light when possible.
- **Preparing the night before:** Set out clothing, pack backpacks and organize lunches to make darker mornings feel less rushed.

Keeping students safe on their way to and from school is a shared responsibility. Families, drivers and community members all play an important role, especially when visibility is reduced.

As we head into the darker months, we encourage everyone to slow down, stay alert and take extra care around schools, crosswalks and neighbourhood streets.

Upon request at your child's school, CCSD27 reflectors can be made available to students that walk to school to assist with visibility.

CCSD27 Reflectors



Learn More

For additional information and safety resources, visit:

- Government of British Columbia - Permanent Daylight-Saving Time
- ICBC - Back-to-School Road Safety
- Pedestrian safety
- www.crd.ca/safety