

Walk to School 2019

Walk, ride or scoot and build healthy habits for life.



School fact sheet

In 2018, we achieved:



Every October, Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

Along with the health benefits, active travel options to and from school reduces traffic congestion, saves on parking and helps the environment. So it's great for the entire school community.

By participating, your school will have a chance to win great regional prizes! Plus, you'll receive a suite of printed or downloadable materials, including classroom calendars, stickers and signage to celebrate your students' achievements.

Commit to Walk to School today and help your school build healthy habits for life.

Meet our community partner

Walk to School 2019 is proudly supported by our Official Community Partner, AFL Players' Association.

How can my school get involved?

It's easy to get involved in Walk to School:

1. Order your materials:

We'll send you classroom calendars, stickers and signage and you can download and print more materials from our website.

2. Promote Walk to School to your school community:

Spread the word by displaying posters and signs around your school. We'll even provide handy content for your school newsletter and social media, as well as a helpful fact sheet for parents and carers.

3. Record students' walks during October:

Use our fun, bright calendars to record how many times students walk, ride or scoot to and from school in October. Schools can also use the calendars to reward students or celebrate the most active class at school assembly.

4. Tally up your class's participation to reward students:

At the end of October, use your classroom calendars to tally up the participation. Your school may wish to give prizes for students who have done a great job.

5. Celebrate your achievements!

Let students, parents and carers, and the school community know about your achievements through your newsletter, assemblies and website.

6. Keep walking all year round:

Visit the Walk to School website for a range of resources and activities designed to help teachers make walking fun.

Official community partner:



Walk to School 2019

Walk, ride or scoot and build healthy habits for life.



FAQs

How does Walk to School work?

Participating schools will encourage students to walk, cycle or scoot to school – even part of the way is ok.

Schools can use encouraging activities such as classroom calendars, footpath decals and stickers to engage with kids and celebrate their active travel achievements.

Why does Walk to School go for a month?

Studies show that it takes at least 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

Why do schools use classroom calendars?

The calendars are a bright, fun way to record how many times students walk, ride or scoot to and from school in October. Schools can also use the calendars to reward students or celebrate the most active class at school assembly.

What information should we record?

VicHealth doesn't require you to record any information, however your council is likely to be in contact to confirm your school's participation.

You can record your students' walks, rides and scoots to and from school on the classroom calendars, which you can order from the Walk to School website.

The calendars will include the student's name, how many times they usually walk, ride or scoot each week, and record when students walk, ride or scoot to and from school in October.

Who can access the information?

Information recorded on the classroom calendars will only be accessed by the student, the teacher and your school's Walk to School coordinator. Your local council may be in contact to confirm your participation in Walk to School.

Last year I could register my school online.

Why can't I now?

In order to make it as easy as possible for schools, VicHealth is no longer collecting data from the Walk to School program. Our evidence shows that the program has a positive impact on parent's perception of walking, riding or scooting to school as a way to improve their kids' health. We know that the classroom calendars can assist in encouraging active travel, so still strongly encourage you to fill them in. These will still be available to track your students' progress throughout Walk to School month.

What do I need to tell parents and carers?

Everything parents and carers need to know can be found on the 'Parent and carer fact sheet'. You can download and print fact sheets from the Walk to School website. Simply hand them out to your school community.

What if a parent or carer refuses to participate?

Participation is entirely voluntary. If a parent or carer does not want their child's participation recorded on a classroom calendar, please don't include the student's details on the calendar.

Where can I get more information?

Visit the Walk to School website for information:



www.walktoschool.vic.gov.au



walktoschool@vichealth.vic.gov.au



www.facebook.com/WalkToSchool



twitter.com/WalkToSchoolVic

- **Contact your local council:** A large portion of Victorian local councils have received funding from VicHealth to support Walk to School. These councils provide information for local primary schools, run local activities and promote active travel in the local area. If your local council is involved, they'll be your first point of contact for information about Walk to School. You can find a list of all the funded councils on the Walk to School website.
- **Contact VicHealth:** If your local council is not coordinating activities in your area, contact VicHealth directly for support: walktoschool@vichealth.vic.gov.au.

