

ACTIVE KIDS ARE HEALTHY KIDS



FRIDAY 19 MAY 2023

A challenge to all Australian Primary Schools and Councils

National Walk Safely to School Day (WSTSD) is on Friday 19 May 2023. Now in its 24th year, the annual campaign encourages all primary school children, their parents and carers to walk safely and regularly to school.

The event seeks to promote better health, road safety, public transport and the environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school. Children who are regularly physically active are healthier, perform better academically and are less likely to be obese or overweight. Sedentary behaviour can lead to long-term and costly risks of illnesses such as heart disease and diabetes.

Walking regularly is the best exercise for your health because you can build it into your daily routine.

The objectives of National Walk Safely to School Day are:

- To encourage parents and carers to walk regularly to school with primary school age children
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To reduce car dependency and traffic congestion
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

How to participate (detailed information is at walk.com.au):

Enclosed is the WSTSD kit which contains tattoos and posters for school and council noticeboards. We ask that every student wears a tattoo on the day to help promote this important community event. Other ideas include:

- Use the teachers' Tool-Kit and publish WSTSD information in your school's newsletter
- Display the poster on your noticeboard and around school (print more from our website)
- Print and colour in the online poster
- Ask your P&C and council to help promote and support the campaign and event
- Host a Healthy Breakfast (ask your P&C, council and local supermarket / grocery store to sponsor a breakfast at your school)
- Tell your parents, friends, carers, teachers and local businesses about the event
- If you can't walk all the way, combine a walk with public transport
- If you must use the car, try leaving it a good distance from the school and walk the rest of the way
- Register your school as a WSTSD Ambassador and assist with publicity

Thank you for your support and participation.

Pedestrian Council of Australia

**Until they're ten, children must always hold
an adult's hand when crossing the road**

WALK.COM.AU