

# ACTIVE KIDS ARE HEALTHY KIDS



**JOIN US  
FRIDAY 16 MAY 2025**

## TO ALL AUSTRALIAN PRIMARY SCHOOLS

Now in its 26th year, National Walk Safely to School Day (WSTSD) is an annual campaign and event which encourages all primary school children, their parents and carers, to walk safely and regularly to school.

It is important for children and young people to be active every day. Physical activity has many social, emotional, physical and mental health benefits. Walking to school is a great way to incorporate physical activity into a daily routine to support healthy development. Regular physical activity, especially walking, can improve self-esteem and confidence, help concentration and improve overall fitness.

Encouraging kids to be active each day establishes good habits that can stay with them throughout their lives.

## OBJECTIVES

**BETTER HEALTH • CLEANER AIR • REDUCED CAR-DEPENDENCY  
IMPROVED ROAD SAFETY • INCREASED USE OF PUBLIC TRANSPORT**

## GET INVOLVED

- Ask parents, carers, teachers, friends and local businesses to support the event
- Ask every student to wear a tattoo on the day to help promote this important community event
- 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)
- Host a Healthy Breakfast (ask your P&C, council and local supermarket or grocery store to sponsor a healthy breakfast at your school)
- Print and colour in the online poster
- 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
- Teach children the vital road safety rules while walking to school
- Register your school as a WSTSD Ambassador and assist with publicity

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

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#WSTSD



**SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE,  
TERRITORY AND LOCAL GOVERNMENTS**

