

SAVE THE DATE



Friday 16 May 2025
National Walk Safely to School Day

SAVE THE DATE: NATIONAL WALK SAFELY TO SCHOOL DAY IS ON FRIDAY, 16 MAY 2025

March 2025: Primary school aged children across Australia will make those important steps towards a healthier future by participating in National Walk Safely to School Day on Friday 16 May 2025.

This year marks the 26th anniversary of National Walk Safely to School Day. Championed by the Pedestrian Council Australia, the initiative aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking, or alternative active transport (especially to and from school) can provide for the long term well-being of our children, not just on 16 May, but every day.

Apart from the physical benefits, regular walking also has a favourable impact on children's cognitive and academic performance.

Walk Safely to School Day also encourages positive environmental action, better use of public transport with reduced car-dependency and encourages parents and carers to walk more, reducing dangerous traffic congestion around schools.

Harold Scruby, CEO of the Pedestrian Council of Australia said that "until they are 10, children must always hold the hand of an adult when crossing the road".

The national initiative also promotes healthy eating and encourages schools and P&Cs to [Host a Healthy Breakfast](#) on the day.

"The extremely disturbing childhood obesity epidemic continues to affect 1 in 4* children at critical levels across Australia."

"The best exercise for all Australians is walking regularly. Children need at least 60 minutes of physical activity a day. We should encourage them to take a walk before school, during and at the end of their day," Harold Scruby said.

Being active every day, including walking to school, can help make a difference for many Australians. Whether you're a parent, teacher, or carer - everyone has a role to play in helping children and young people to lead active healthy lives.

*ABS: National Health Survey: First Results, 2017-18

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FAST FACTS:

WHAT: National Walk Safely to School Day

WHEN: Friday 16 May 2025

WHERE: In all primary schools across Australia

WHY: This national initiative aims to encourage children to lead a healthier, more active lifestyle by simply including a walk at the beginning, at lunch time and at the end of each day. The event also promotes reduced car-dependency, greater use of public transport, cleaner air, improved diets and road safety to primary school children across Australia.

HOW: Encourage children to build regular walking in their daily routine by walking to, during, and from school

MORE INFO & ASSETS: <https://www.walk.com.au/WSTSD/>

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