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Friday 20 May 2011

PARENTS DIARY ALERT

## NATIONAL WALK SAFELY TO SCHOOL DAY IS ON FRIDAY 20 MAY, 2011

It's nearly that time of year again when parents and primary school aged children from right around Australia are being asked to make those important steps towards a healthier childhood by participating in National Walk Safely to School Day.

Now in its twelfth year, the Walk Safely to School Day initiative will be celebrated on Friday 20 May 2011.

Walk Safely to School Day promotes the vitally important message: *Active Kids are Healthy Kids*. The event asks parents, carers and their children to build regular walking to and from school into their daily routine, because children need a minimum of 60 minutes exercise per day. It also encourages parents to drive less and walk more, aiming to decrease dangerous vehicle congestion around schools and reduce carbon emissions from idling cars.

### HOW PARENTS CAN PARTICIPATE

For most parents, the rush to get to school is stressful and hectic. But Walk Safely to School Day is the perfect opportunity to start a healthier, happier and more relaxed morning routine. By simply getting up half an hour earlier and walking all or part of the way to school with your child, you not only start the day with healthier exercise (so you and your child will feel great!) but also you start the day with some quality time with your child. Plus, it teaches your child the value of a healthy lifestyle and helps set them up for a day packed full of learning.

If you can't walk all the way to school, walk with your child to the next bus stop away from your home. Or if you must drive, park the car a fair few blocks away and walk the rest of the journey.

### WHY NOT HOST A HEALTHY BREAKFAST TO CELEBRATE THE DAY?

Many P&C Groups have arranged some fantastic healthy breakfast celebrations in the playgrounds on the morning of Walk Safely to School Day. Using local suppliers, the breakfast is a great way to mark the day and help educate children not only about the benefits of walking but also the advantages of healthy eating habits.

CONTACT:      INSERT CONTACT DETAILS

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