



MANSFIELD SHIRE

VicHealth Walk to School Program 2019 Parent and Guardian Information

What is Walk to School?

Walk to School is an initiative pioneered by VicHealth, a world-first health promotion foundation that focuses on promoting good health and preventing chronic disease. The initiative encourages Victorian primary school kids to walk, ride or scoot to and from school as a way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

When is Walk to School 2019?

Walk to School month runs for the first month of term 4, **7 October to 1 November 2019**.

How is the Mansfield Shire and your school involved?

Council and local schools have been active contributors to the Walk to School campaign for the past six years thanks to VicHealth funding. A range of programs have been delivered by Council in partnership with all 5 primary schools within the Shire throughout previous years campaigns, including the introduction of the Walk to School map, walking way-finding signage, supplying schools with pedometers, scavenger hunts, the production of a promotional video and plenty more!

What is happening in the lead up to Walk to School 2019?

- In the last week of term 3, RACV are bringing their 'Street Scene' road safety program to all five primary schools, with a tailored program to suit the local road safety needs of the school.
- All Terrain Cycles and Mansfield Shire Council are holding a FREE safe cycling lesson for all primary school aged children, on Friday the 4th of October, 10am-12pm, at the Botanic Park. The purpose of the session will be to equip students with the skills necessary for them to ride their bikes safely to and from school, solo or with their family. Information Flyer will be distributed with this information sheet.
- The Mansfield Walk to School map will be redistributed with this information sheet. The map features 6 permanently signed walking routes within town with designated drop off/pick up points.

What is happening during Walk to School 2019?

- The Mansfield Courier will 'profile' a student each week in the local paper during Walk to School month. A student will be selected while they are walking, riding or scooting to or from school.
- All participants will have the chance to get some spot prizes throughout the month!
- Mansfield Shire Council will be holding a Healthy Breakfast for all Primary School students during the program.
- Decoration Day will be held on the last day of the program, Friday November the 1st. All children are encouraged to put their best foot forward by decorating their shoes, bikes or scooters to make Walk to School even more fun. There will be prizes awarded to the best decorated! See some fun and creative (but also temporary) decorating tips at walktoschool.vic.gov.au

What can you do?

Mansfield Shire Council understand that not all children have the opportunity to walk, scoot or cycle to, or from, school. There are other ways children can get involved and get active this Walk to School month. Parents are encouraged to speak with other families and organise walking groups; where one or two parents can supervise a group of children on their walk to school (sort of a walking bus system). Families that are driving from out of town can refer to the Mansfield Walk to School map for 6 safe drop off/pick up points, which allow the child to walk a short distance to school. Children who are catching the bus to school are encouraged to start up walking groups, walking within the school grounds, in between bus drop off and start of school. Teachers will also be encouraging activity during school hours.

Want more information?

- Visit www.walktoschool.vic.gov.au
- Contact your local school
- Contact Kylie Peel at Mansfield Shire Council on 5775 8619 or kylie.peel@mansfield.vic.gov.au

