



HOW YOU CAN INTEGRATE WALKING AWARENESS IN TO YOUR CLASSROOM:

Classroom Activities

Art, Computer Class

Create posters promoting Walk to School Day and safe driving and walking messages.

Geography

Survey and create maps of walking routes to school.

Health

Use pedometers to measure steps, or simply measure walking time accumulated by students; study health benefits of physical activity.

Physical Education

Do some physical conditioning. Learn walking warm-ups and stretches and do some progressively longer walks in class to prepare for Walk to School Day.

Mathematics

Keep logs of walking time or steps; calculate speeds and distances, individual and group averages, trends and statistical analyses (do boys or girls walk more?)

Biology

Look for specific plant or animal species, or inventory Indigenous species along walking routes. Catalogue seasonal changes in the flora and fauna.

English

Write press releases and public service announcements to promote Walk to School Day. Write essays or keep a diary about your experiences walking.

History

Study historical locations in your community by walking to them.

Social Sciences

Photograph important things about your community observed while walking to school. Anything you'd like to change? What can you do about it?



Remember, better health is measured in feet!

WHY IT'S COOL TO WALK TO SCHOOL

Walking is good for Children:

- Walking is good for children's physical health: Regular physical activity builds and maintains healthy bones, muscles and joints.
- Walking is good for children's mental health: Physical activity helps to reduce levels of stress, depression and anxiety and can be a good social activity where children connect with their neighbours, become familiar with their surroundings and the community.
- Children that are active are more likely to continue healthy behaviours later in life.

Walking is good for schools:

- Children who walk to school have been found to be more attentive and focused in class.
- Children who walk to school will have a greater connection with their community.
- More children walking to school means less traffic congestion around the school and improved safety for the children.

Walking is good for the environment:

- The environment also benefits because walking is a non-polluting and sustainable transport alternative.

Walking saves money:

- Finally, with the spiralling cost of petrol, walking also saves money!

Did you know?

- Despite the positive spin-offs of walking, today over 70% of children are being driven to school.
- Only 16% of older children and 14% of younger children walk to and from school on most days of the week, yet 61% of children in grades 3-6 who are currently being driven to school said they would prefer to walk if given the choice.



WALKTOBER WALK TO SCHOOL IS GROWING

Last year 312 primary schools across Victoria participated in the event with 56,651 children walking to school on the day! This is 102 more schools and about 18,000 more children that participated from the 2006 event.

Let's get more schools and children involved in 2008!



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WHAT IS WALKTOBER?

In Victoria, October is renamed Walktober! This program, developed by Kinect Australia in collaboration with VicHealth, aims to raise the profile and highlight the broader community and social benefits of walking. Walktober links a number of walking events throughout Victoria and generates discussion about bigger issues including urban planning, liveable communities and neighbourhood safety - all of which impact walking.

To find out about events occurring as part of Walktober and for more resources relating to walking visit www.walktober.com.au

22nd October Walktober Walk to School 2008

One of the key events in Walktober is Walktober Walk to School Day.

Get your students walking and have a chance to win some fantastic prizes for your School.

For more information on Walktober Walk to School Day visit

www.vichealth.vic.gov.au/walktober
or email scooper@vichealth.vic.gov.au

International Walk to School Month

Victoria's Walktober and Walktober Walk to School Day seek to link up with International Walk to School Month. This gives Victorian children and schools the opportunity to be part of a global event! In 2007, 42 countries including Australia participated in the event and millions of walkers from around the world walked to school together. Visit www.iwalktoschool.org to find out more about this global challenge.

OTHER PROGRAMS & RESOURCES TO KEEP CHILDREN ACTIVE

Ride2School

Ride2School breaks down the barriers to more students walking and riding to school and beyond. The program includes:

Hands up! Active Travel Count

Every month schools throughout Victoria choose a day to survey their students on how they got to school that morning and send their results to Ride2School. There is a Malvern Star bike and fabulous prize packs to win simply by sending Ride2School your Hands Up! results. Every school is eligible to participate.

Walk and Wheel-A-Thon

Get more students active at the start of the spring term! Students have all of October to clock kilometres walking or riding to and from school. They'll raise money for their school, get into good habits and be eligible to win some great prizes. Use Walktober Walk to School Day as a means of building up your kms!

25 March 2009 National Ride2School Day

Want to get more students riding to school? This day creates a chance for brand new riders, parents and teachers to experience riding and walking to school for the first time with the opportunity to win some great prizes!

For more information on Ride2School, contact Mary Akiki at Bicycle Victoria on 8636 8859 or visit www.ride2school.com.au

Streets Ahead

The Streets Ahead program developed by VicHealth in 2008 aims to increase physical activity in children 4-12 years through active transport. VicHealth has funded demonstration projects in targeted areas of Bendigo, Brimbank, Cardinia, Darebin, Geelong and Wodonga. Over the next three years these local councils will engage communities to create supportive environments that enhance children's

active transport and independent mobility in all aspects of their community life, including to and from school.

For more information please contact VicHealth on 9667 1333.

Walking School Bus

A Walking School Bus is as a group of primary school children who walk to and from school along a safe and enjoyable set route, accompanied by a minimum of two parent driver/supervisors per 'bus'. For more information visit www.vichealth.vic.gov.au/wsb

Pedal Pods

Pedal Pods operate on similar terms to that of the Walking School Bus. The Pedal Pod Guide encourages more students to ride to school independently once they have the competency, confidence and parents' consent to do so. Would you like to have a pedal pod travelling to your school? Visit www.vichealth.vic.gov.au/wsb

Kids on the Move

Kids On The Move (KOTM) is Victoria's key traffic safety education resource for primary schools. It provides the essential learnings for children in Prep to Year 2 and for children transitioning from primary to secondary school (Years 6 and 7). To find out about how to get a free copy of Kids On The Move and professional development sessions in your area go to <http://www.education.vic.gov.au/studentlearning/programs/traffic/plspo.htm>

Travel Smart

The TravelSmart program works with schools to encourage students and their families to choose healthy and environmentally friendly ways of traveling.

TravelSmart projects in schools are supported through grants administered by the Walking and Cycling Branch in the Department of Transport, in partnership with local government and relevant organisations.

For more information visit www.travelsmart.vic.gov.au

Smogbusters Way to School

This is a program educating primary school communities about the benefits of using sustainable and active ways of getting to and from school. Take a look at the Smogbusters May to School website for more details of how it works www.waytoschoolkit.infoxchange.net.au

After Walktober Walk to School, why not try?

There are 8 Wednesdays left in the school term after Walktober Walk to School Day. Why not try and keep the enthusiasm and momentum going for the remainder of the school year and conduct a Walk on Wednesdays (WOW) event at your school? For more ideas on how to run WOW, see www.walktoschool.org.uk



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