

GANNAWARRA Get Walking

Walk your way to wellbeing

Getting Active at Cohuna Consolidated School

Our Shared Vision: to support every child to have a great start to life

Getting actively to school can help students:

- Achieve the 60 minutes recommended of moderate to vigorous physical activity every day.
- Adopt healthy habits for life.
- Improve learning outcomes by arriving at school alert and ready to learn.

Parents can help by:

- Encouraging children to get actively to school or the school bus.
- Talking to children about pedestrian safety.
- Walking with children to school.

Schools can help by:

- Encouraging students and their families to walk, ride, skate or scoot to school.
- Celebrate students and families who make a commitment to travel actively to school.
- Incorporating walking, riding, skating or scooting into school activities.
- Being involved in activities that raise awareness of the health and wellbeing benefits of active students.
- Partnering with Gannawarra Shire Council and local health agencies to support active and healthy lifestyles.
- Facilitating opportunities for wider community connection to support students to develop into good citizens.

Gannawarra Shire Council can help by:

- Raising awareness of the broader health and wellbeing benefits of active children.
- Supporting a healthy and safe environment for children to actively travel in.
- Partnering with schools and local health agencies to encourage and support healthy and active primary schools.
- Investigating and sharing ideas across Gannawarra primary schools.
- Facilitating and coordinating shire-wide activities that encourage active and healthy lifestyles.
- Supporting schools to connect to the wider community to provide opportunities for children to develop good citizenship qualities.

