

Walk to School 2018

Walk, ride or scoot and build healthy habits for life.

School fact sheet

In 2017, we achieved:



Every October, Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

Along with the health benefits, active travel options to and from school reduces traffic congestion, saves on parking and helps the environment. So it's great for the entire school community.

By participating, your school will have a chance to win great regional prizes! Plus, you'll receive a suite of free materials, which includes posters, classroom calendars, stickers and certificates to celebrate your students' achievements.

Sign up for Walk to School today and help your school build healthy habits for life.

Meet our partners

Walk to School 2018 is proudly supported by our Official Community Partner, AFL Players and Official Corporate Partner, Bendigo Bank.

Win amazing prizes

Keep checking the Walk to School website and social channels. We'll be announcing this year's prizes very soon!

How can my school get involved?

It's easy to get involved in Walk to School:

1. Register online:

Visit www.walktoschool.vic.gov.au to register your school.

2. Order your free materials:

We'll send you posters, classroom calendars, stickers, fact sheets and more!

3. Promote Walk to School to your school community:

Spread the word by displaying posters and signs around your school. We'll even provide handy content for your school newsletter and social media, as well as a helpful fact sheet for parents and carers.

4. Record students' walks during October:

Use our fun classroom calendars to keep track of when students walk, ride or scoot to and from school.

5. Report your school's participation:

At the end of October, use your classroom calendars to tally up your school's participation. Then, simply submit your results on the Walk to School website by 16 November to be in the running for a regional prize. VicHealth uses this information to award prizes to the schools with the highest participation in each region.

6. Celebrate your achievements!

Let students, parents and carers, and the school community know about your achievements through your newsletter, assemblies and website.

7. Keep walking all year round:

Visit the Walk to School website for a range of resources and activities designed to help teachers make walking fun.

Official community partner:



Official corporate partner:



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FAQs

How does Walk to School work?

A student, teacher or your school's Walk to School coordinator will record how many times a student walks, rides or scoots to and from school during October, using a classroom calendar.

Schools with the highest participation levels are eligible for some fantastic prizes. So every time a child walks, rides or scoots to and from school during October they increase your school's chance of winning!

Why does Walk to School go for a month?

Studies show that it takes 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

Why do schools use classroom calendars?

The calendars are a bright, fun way to record how many times students walk, ride or scoot to and from school in October. At the end of the month, schools use the calendars to provide a summary of data to VicHealth, so they can give prizes to the most active schools in each region. Schools can also use the calendars to reward students or celebrate the most active class at school assembly.

Why does VicHealth collect information about school and student Walk to School participation?

VicHealth collects information to help find new and better ways to encourage children to be active.

Collecting data lets us measure the impact of the Walk to School program and see how many people are getting active on the way to and from school. VicHealth uses aggregate data for individual schools, schools within a region, and schools in the state. VicHealth may publish Walk to School results at a school or state level.

What information do I need to record?

You'll record your students' walks, rides and scoots to and from school on the classroom calendars, which you can order from the Walk to School website.

The calendars will include the student's name, how many times they usually walk, ride or scoot each week, and record when students walk, ride or scoot to and from school in October.

What does my school need to report?

You'll need to report a summary of your school's participation on the Walk to School website. You only need to report school-level data. Do not include any individual student details.

Remember to submit your report before 16 November 2018 for your chance to win great prizes for your school.

Who can access the information?

Information recorded on the classroom calendars will only be accessed by the student, the teacher and your school's Walk to School coordinator.

VicHealth may also collect a sample of classroom calendars to understand student walking patterns. All classroom calendars will be securely stored and destroyed at the end of the Walk to School program.

VicHealth will also share de-identified data with our evaluation team to help analyse and report on the outcomes of Walk to School.

What if I need help tallying up all the data?

If your local council is coordinating local Walk to School activities, they may be able to assist you with tallying and reporting data. Participating councils are listed on the Walk to School website.



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What do I need to tell parents and carers?

Everything parents and carers need to know can be found on the 'Parent and carer fact sheet'. You can order or download and print fact sheets from the Walk to School website. Simply hand them out to your school community.

What if a parent or carer refuses to participate?

Participation is entirely voluntary. If a parent or carer does not want their child's participation recorded on a classroom calendar, please don't include the student's details on the calendar.

Where can I get more information?

Visit the Walk to School website for information:



www.walktoschool.vic.gov.au



walktoschool@vichealth.vic.gov.au



www.facebook.com/WalkToSchool



twitter.com/WalkToSchoolVic

- **Contact your local council:** A large portion of Victorian local councils have received funding from VicHealth to support Walk to School. These councils provide information for local primary schools, run local activities and promote active travel in the local area. If your local council is involved, they'll be your first point of contact for information about Walk to School. You can find a list of all the funded councils on the Walk to School website.
- **Contact VicHealth:** If your local council is not coordinating activities in your area, contact VicHealth directly for support: walktoschool@vichealth.vic.gov.au.

