

Walk to School Winners

This year, South Gippsland was one of 61 Victorian councils to support Walk to School 2015. Although now finished for the year, the program just keeps on giving with St Laurence O'Toole Primary School, Leongatha, announced the regional runner up of Walk to School 2015 based on its overall participation rate.

The school will receive a Spartan cricket set.

One winner and runner-up was selected in each of the four Victorian education regions.

Local primary school students who took part in the VicHealth campaign contributed to a state total of 1.2 million kilometres walked - the equivalent of walking almost 32 times around the world.

Social Planning Officer, Vicki Bradley, said Council played an important part in the Walk to School campaign by coordinating programs that promoted the benefits of walking to school and also provided opportunities for students in their municipality to get involved.

“Regular physical activity is crucial for good health and walking or riding to school can be a fun and free way to build exercise into our busy days – for children and their parents,” she explained. “It’s also a good way to reduce the risk of serious health problems and the evaluation shows that students who participate in Walk to School walk more during and after the campaign.”

VicHealth CEO, Jerril Rechter, said it was exciting to see so many children and their schools embrace the Walk to School campaign in its tenth year.

“Only one in five Australian children get the recommended one hour of daily physical activity and only one in four walk or ride to school, which is concerning given the high rate of childhood obesity,” he said.

“We are thrilled to see an almost 40 per cent increase in the number of primary school students participating in Walk to School compared to last year.”

PR1759 09/12/15