

Registrations are walking out the door!

This year 13 out of 17 South Gippsland primary schools have registered for VicHealth's Walk to School program and Council's Walk to School team is now busy finalising resources for the important event in October.

Council received funding for the Walk to School program for the third year running, which has been instrumental in supporting participating schools.

"The funding from VicHealth allows us to create resources for schools such as Feet First Fridays, Fresh Fruit Fun, Park and Walk, Walk – Bus – Walk and Safe Routes to Schools," explained Walk to School Project Support Officer, Irene Desiatov.

"Council's focus for Walk to School goes beyond the month of October where we hope to help develop healthy habits for life as we work with schools to develop safe walking route maps and signs that they can use well after the event is over."

Walk to School encourages primary school children to walk, run, scoot or ride to and from school every school day in October. 'Walking time' is also 'talking time' for parents and children.

"When the stress of driving and keeping your eye on the traffic is taken away, it's easier to talk to your children about what's happening at school and in their lives when walking together," Ms Desiatov said.

"October is a great time to start walking, because the fabulous spring sunshine makes it a pleasure to get out of the house, and the car, and students could win some great prizes for their family and their school."

Local schools that still have not registered for the program can do so online at <u>www.walktoschool.vic.gov.au</u> or contact Council for more information.

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