



And they're off!

Families in South Gippsland are swapping traffic time for together time this month.

The State Government's Walk to School Program has officially begun and thanks to VicHealth and Walk to School 2015 funding, Council is supporting 10 South Gippsland schools and their families to get active this month.

Local activities this year include park and walk activities, healthy breakfasts at schools and measuring who walks the most. Some students will use Walk to School Passports to log walks and interesting sights they see on the way to school.

Social Planning Officer, Vicki Bradley, explained Walk to School was about instilling healthy, lifelong habits.

"Walking, riding or scooting to and from school is a great way to start and we hope families have such a great time doing it that the healthy habit continues beyond October," she said.

Many South Gippsland families are unique in that they typically travel to school by bus, but Mrs Bradley said this was not stopping families from being involved.

"Part way is a great start," she explained. "Many of our local primary schools are encouraging school buses and parents to stop at an agreed point, such as a local park, to walk, scoot or ride the rest of the way together."

At Poowong, students will meet at the Post Office to walk together to school. At Nyora, buses and parents will park at the Village Green and at Korumburra Primary School, students and teachers will come from seven different points in town on their walk to school. In Foster, the school bus and parents will drop students at the secondary school where senior students will walk with primary students to school.

"We hope that parking part way and walking will build healthy habits, strengthen community relationships and reduce traffic congestion around schools," Mrs Bradley said.

Council will be providing plenty of incentives and prizes to participating schools during the month. Find out more at www.walktoschool.vic.gov.au

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