

This bus has legs!

Two legs replaced the four wheels of the Poowong Consolidated School bus last week.

The 'Walking School Bus' was a feature of the Walk to School program and Poowong is one of 10 local schools hosting a number of activities this month to encourage an active start to a student's day while developing lifelong, healthy habits.

Poowong Primary School students that traditionally catch the bus or are driven to school enjoyed a brisk 2.4km walk through Poowong instead. Commencing at the Poowong Post office and led by a walking school bus 'driver', the students continued through the Birch Estate, picking up other students along the way at various points.

Organised by the school with the help of Council's Walk to School Support Officer, Irene Desiatov, the walking school bus was a surprise for some.

"There was plenty of chatter amongst the students as most don't get an opportunity to walk to school," teacher Tracey Mandemaker explained. "One of the students asked his mum if they could walk to school every day, another student was heard saying how cool it was to chat and walk to school with friends and another said the experience was way better than bring driven to school."

When they arrived at school, the students were greeted with a healthy breakfast of fruit, toast, cereal and juice before continuing to burn off more energy by walking and jogging around the school walking track.

"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," Ms Desiatov said.

"The Walk to School program builds healthy habits, strengthens community relationships and reduces traffic congestion around schools. It really is a win-win."

To find out what your local school is doing during Walk to School go to www.walktoschool.vic.gov.au or contact Council.

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