

Walking for Wellbeing

As Walk to School 2015 drew to a close, four local primary schools took to the streets last week in a bid to promote active living.

Walking to school was only the start for students at Tarwin Valley Primary School in Meeniyan. They incorporated their Walk to School event into their inaugural Wellbeing Day, which featured a range of activities including meditation, photography and sewing, to classes on how to make chemical-free deodorant. The day was such a success there are plans to host it annually.

Kongwak Primary School participated in Walk to School for the first time this year. Walkers took the long way by walking one of the tracks at Kongwak Pioneer Reserve before making their way to school.

Almost 50 students met at Town Park in Nyora to walk to school together. They eagerly completed their Walk to School Passports and shared a healthy breakfast on arrival.

Students at St Laurence O'Toole Primary School in Leongatha have been walking to school throughout October. Walking school buses met at three different sites around town, including McIndoe Park, the V/Line bus station and the Salvation Army.

Social Planning Officer, Vicki Bradley, said the energy and enthusiasm during these special days was contagious.

"Tarwin Valley Primary School students arrived at school with a skip in their step after their walk along the rail trail in the morning," she explained. "They greeted others on the trail with politeness and enthusiasm that left them in good spirits for their Wellbeing Day."

By taking part in the Walk to School Program, Walk to School Program Support Officer, Irene Desiatov, said participants were earning points for their school to be in the running for some special prizes, which was important motivation for some.

"The proportion of Victorian children walking to school has declined dramatically in recent decades and obesity levels are on the rise," she said. "Only one in five children aged 5-17 years gets the recommended amount of physical activity every day."

Caption: Photo 1 – Tarwin Valley Primary School students Tahlia and Alexandra helped prepare a healthy breakfast for 100 students.

Photo 2: Kongwak Primary School students participated in Walk to School for the first time this year.

PR1735 29/10/2015