

Helping Families Walk to School This October

South Gippsland and Bass Coast students and families are encouraged to get active this October by taking part in VicHealth's Walk to School program.

South Gippsland and Bass Coast Shire Councils will work with local primary schools to deliver a range of activities encouraging more families to walk, ride or scoot to school this October thanks to a grant from VicHealth.

South Gippsland Shire Council's Social Planning Officer Vicki Bradley was excited to announce that the neighbouring Councils are supporting Walk to School this year.

"This free, easy and fun program will encourage local primary school students to get active and learn healthy habits for life.

"At South Gippsland we have many students travelling to school by bus so this year we are delighted to offer a range of competitions and initiatives that encourage all students to participate in Walk to School activities, no matter where they live.

"Last year we had 12 South Gippsland primary schools involved, this year we would like to encourage participation from all our schools," said Ms Bradley.

VicHealth supports schools participating in Walk to School with posters, certificates and classroom calendars to celebrate their students' achievements. As well as regional prizes provided by VicHealth, Council funding will support prizes for local schools signed up to Walk to School that includes incentives and healthy breakfasts.

VicHealth CEO Jerril Rechter said each year the Walk to School program continues to grow with more and more schools taking part with fantastic results.

"Last year more than 144,000 kids from over 750 schools across Victoria took part in Walk to School. Together they walked more than 2.2 million kilometres – the equivalent of walking almost 55 times around the world.

"This year, we hope to see even more local kids getting active as they travel to and from school. If you can't walk all the way, there are many great opportunities to get involved and support your school. Try parking the car a few blocks from school and walk, ride or scoot the rest," Ms Rechter said.

To find out more information about the Walk to School Program South Gippsland schools can contact Avril Piasente or Vicki Bradley on 5662 9200 or visit www.walktoschool.vic.gov.au.

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