



TOMORROW

Friday 18th May 2018

Well it's that time of year again when our school seriously starts talking about walking! Not only is walking a wonderful way to get you where you want to be, but it also gets your health – and your child's health on the right track too. So that's why this year our school is participating in National Walk Safely to School Day on Friday 18 May 2018.

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine. You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

All those students and their families that walk
TOMORROW are invited to join us in the undercover
area for a **FREE** healthy breakfast from 8:30am

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 18 May 2018! For more information, visit www.walk.com.au

Complete the word search on the back **and** tell us in 25 words or less the best part about walking to school and return it to the office by TOMORROW morning for your chance to win a prize!

The best part about walking to school is:

Name:..... Grade:.....