

# WALK TO SCHOOL

## GET INVOLVED AND GET MOOVING!

### TIPS FOR WALKING TO SCHOOL



#### Walk together

Walking can be a great way to get active as a family - so everybody benefits!



#### Just walk part way

If you live too far away, drive to the start of one of the marked routes. This avoids the hassle of parking near the school.



#### Build up road safety knowledge

Teach your children road safety and navigation skills by riding or walking around your neighbourhood.



#### Find some walking buddies

Chat with other families about setting up buddy groups of older children who can walk together.



#### Mix it up

Riding a bike or scooter is great exercise too!

### PLAN YOUR WALK

1. The map shows 1km and 500m walking routes to school. Each route has footpath markers to show the way.
2. Find the walking route closest to your home.
3. Discuss together the best walking route for you. It might follow the marked route or go another way.
4. If your home is beyond the area shown, either walk or drive to the start of the marked route and go from there.
5. Set an alarm for when you need to leave home for a leisurely walk to school.
6. Make your lunch and pack your bag the night before.
7. Check the weather forecast so you're prepared with a warm coat, sun hat or umbrella.
8. What else do you need to walk to school?




Visit [www.getmoovingshepparton.com.au](http://www.getmoovingshepparton.com.au) and download your own copy of the Walk to School worksheet.






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 **ST MARY'S PRIMARY SCHOOL**

SAFE WALKING ROUTES:

-  500M
-  500M
-  500M

-  SUPERVISED CHILDREN'S CROSSING
-  PEDESTRIAN CROSSING
-  PEDESTRIAN CROSSING WITH LIGHTS

