

# Walk to School 2019

Walk, ride or scoot and build healthy habits for life.

## Parent and Carer fact sheet

In 2018, we achieved:



Every October, Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

Active travel options to and from school are also a great opportunity to connect and chat with your kids, plus meet up with other local families along the way. If you can't walk all the way, your child can still get involved – simply drive part way and walk, ride or scoot the rest!

By participating, you could help your school win great regional prizes and you will enjoy the benefits of walking, riding and scooting to and from school!

Commit to Walk to School today and build healthy habits for life.

### Meet our community partner

Walk to School 2019 is proudly supported by our Official Community Partner, AFL Players' Association.

### How can your family get involved?

#### Take part through your child's school

It's easy to get involved if your child's school is participating in Walk to School. Your child's teacher will record how many times students walk, ride or scoot to and from school during October, using a classroom calendar.

#### Get involved online

Our website has some great resources and tips to help kids get involved with Walk to School. Visit [www.walktoschool.vic.gov.au](http://www.walktoschool.vic.gov.au) to learn more.

Your child can track their walks, rides and scoots during October, and contribute to the state-wide effort!

Official community partner:



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## FAQs

### How does Walk to School work?

Participating schools will encourage students to walk, ride or scoot to school for the month of October, even part of the way is okay. Schools may record how many times a student walks, rides or scoots to school using a classroom calendar to encourage involvement.

### My child's school isn't participating. Can I still get involved?

Yes! Even if your school isn't involved, you can still participate. Your child can keep track of how often they walk, ride or scoot to and from school and be part of the state-wide movement.

### Why does Walk to School go for a month?

Studies show that it takes at least 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

### Why do schools use classroom calendars?

The calendars are a bright, fun way to record how many times students walk, ride or scoot to and from school in October. Schools can also use the calendars to reward students or celebrate the most active class at school assembly.

### What data do schools collect?

If your school is participating in Walk to School, your child's teacher will use a classroom calendar to record:

- your child's name
- how many times they **usually** walk, ride or scoot to and from school
- how many times they walk, ride or scoot to and from school **in October**.

### Who can access this data?

Information recorded on the classroom calendars will only be accessed by the student, the teacher and the school's Walk to School coordinator.

### What if I don't want my child to participate?

Participation is voluntary. If your child's school is taking part in Walk to School but you don't want your child to participate, ask your child's teacher not to include your child's name on their Walk to School classroom calendar.

If you choose not to formally participate, your child can still enjoy the benefits of walking, riding and scooting to and from school as often as they like!

### Where can I get more information?

Visit the Walk to School website for information:  
[www.walktoschool.vic.gov.au](http://www.walktoschool.vic.gov.au)



[walktoschool@vichealth.vic.gov.au](mailto:walktoschool@vichealth.vic.gov.au)



[www.facebook.com/WalkToSchool](https://www.facebook.com/WalkToSchool)



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