

WHY IS ACTIVE TRANSPORT TO SCHOOL IMPORTANT?

Information for Mount Lockyer Primary School families

Active transport means walking, riding, scooting or catching the bus to school – as an alternative to being dropped off at school by car. Here's a summary of why using active transport is a great choice:

IT KEEPS OUR KIDS ACTIVE



Across Australia, the numbers of children walking or riding to school have dropped dramatically since their parents generation – currently only around 2 in 10 students arrive at school by bike or on foot. This is closely linked to a drop in the number of children who get enough physical activity each day, with only about a third of children aged 5-8 getting enough regular physical activity for good health.

IT REDUCES TRAFFIC AROUND SCHOOL

Traffic congestion around schools in the peak morning and afternoon times can cause some serious safety concerns, especially to children. The more students who ride, walk or catch the bus, the less cars there will be – making it a safer environment for everyone.



IT GETS KIDS READY TO LEARN

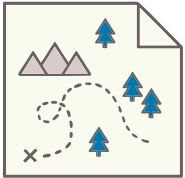


Research shows that kids who are physically active arrive at school alert, have improved concentration, and are ready to learn. There is also good evidence to show that carrying a school bag to school (which shouldn't be more than about 10% of the child's body weight) can actually assist in calming kid's sensory systems, making it easy for them to stay focused.

Sources:

- Australian Institute of Health and Welfare: www.aihw.gov.au
- Active Healthy kids Australia: www.activehealthykidsaustralia.com.au

HOW TO GET STARTED



PLAN A ROUTE AND PRACTICE

Like any new skill, starting to ride or walk from home needs some planning and practice. Here are some tips to get you started:

- Plan your route from home, using Google maps to work out the distance. As a guide, for every 1km allow 15 minutes to walk or 5 minutes to cycle.
- Wherever possible, plan to cross roads where there is a crosswalk or warden.
- Talk to your kids about road safety before you set off, and reinforce those messages while you are out and about. Check out these great resources for some age appropriate road safety tips: <https://bit.ly/3dpyJ4D>.
- Supervise your kids – older kids can go it alone after you've done it with them, but always keep an eye on younger kids and ride or walk with them.
- Make any adjustments you need to the route, and then practice, practice, practice!

PARK AND RIDE/WALK INSTEAD

If it's too far from your place to school – then why not Park and Walk or Ride? We've got a great map especially for Mount Lockyer Primary School, that can help you find an easy place to park and then walk or ride the rest of the way: <https://bit.ly/2XUEmBl>



FIND YOUR CLOSEST BUS STOP

Maybe a school bus would work better for you? Check out our handy map to get you started and work out which bus system applies to you: <https://bit.ly/2U0yqpc>

FOR MORE INFORMATION:

www.yourmove.org.au | www.albany.wa.gov.au

