

Active travel to school



Students who walk, ride, scoot and skate to and from school are often happier, healthier, and learn better than those who are driven to school. This is because physical activity helps to reduce the risk of obesity, chronic diseases and mental health issues like depression and anxiety, and improves overall alertness and concentration levels.

Active travel also helps to develop essential road safety skills. The only way for children to build important road safety skills is to practice under supervision when they are younger.

Did you know it is legal for children under 12 (and adults riding with them), to ride on the footpath? There is no need to feel that you or your children have to practice on the road.

There are lots of ways you can get involved. You might like to:

- Talk with other parents in your street/ neighbourhood and find out if other kids are walking/riding to school
- Develop buddy groups of older children who can walk/ride together without adults
- Drive just part of the way to school and drop your children 500m to 1km away so they can walk the remainder. This is a particularly good option if you live a long way from school, or have limited time
- Pack bags and make lunches the night before, to maximise walking/riding time in the morning
- Teach your children road safety and navigation skills by walking with them around the neighbourhood – practice on weekends when roads are quieter and you have more time

More information and family friendly active travel activities can be found at www.victoriawalks.org.au.



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