

# ACTIVE KIDS ARE SMARTER KIDS



**FRIDAY 20 MAY 2022**

## A challenge to all Australian Primary Schools and Councils

National Walk Safely to School Day (WSTSD) is on Friday 20 May 2022. Now in its 23rd year, the annual campaign encourages all primary school children, their parents and carers to walk safely and regularly to school.

The event seeks to promote road safety, health, public transport and the environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school. Children who are regularly physically active are healthier, perform better academically and are less likely to be obese or overweight. Sedentary behaviour can lead to long-term and costly risks of illnesses such as heart disease and diabetes.

Walking regularly is the best exercise because you can build it into your daily routine.



## The objectives of National Walk Safely to School Day are:

- To encourage parents and carers to walk regularly with their children, all or part of the way to school
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To reduce car dependency and traffic congestion, especially around schools
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

## How to participate (detailed information is at [walk.com.au](http://walk.com.au)):

Enclosed is the WSTSD kit which contains tattoos and posters for school and council noticeboards. We ask that every student wears a tattoo on the day to help promote this important community event. Other ideas include:

- Use the teachers' Tool-Kit and publish WSTSD information in your school's newsletter
- Display the poster on your noticeboard and around school (print more from our website)
- Print and colour in the online poster
- Ask your P&C, local council and police to help promote and support the campaign and event
- Host a Healthy Breakfast (ask your P&C, council and local supermarket / grocery store to sponsor a breakfast at your school)
- Tell your parents, friends, carers, teachers and local businesses about the event
- If you can't walk all the way, combine a walk with public transport
- If you must use the car, try leaving it a good distance from the school and walk the rest of the way
- Register your school as a WSTSD Ambassador and assist with publicity

Thank you for your support and participation.

**Pedestrian Council of Australia**

**Until they're ten, children must always hold  
an adult's hand when crossing the road**

**WALK.COM.AU**