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MEDIA RELEASE

Get Ready, Get Set and Get Moving this October

During the month of October 2018 every primary school in Hindmarsh Shire will be participating in VicHealth's Walk to School program.

The program will run from Monday 8 October until Friday 2 November 2018 and has been established as part of VicHealth's long-term plan to get more Victorians living a healthier and happier lifestyle.

The campaign encourages primary aged students from across Victoria to walk, ride or scoot to and from school during October. VicHealth's Walk to School program highlights and promotes the benefits of walking to children, including improved fitness, social connectedness, friendship creation, increased confidence and improvements and awareness about the local environment.

In addition to the walking, riding and scooting to school, more than 400 students throughout Hindmarsh Shire are expected to engage in other activities that will help improve their health and wellbeing. Each student will have the opportunity to participate in activities provided by Wimmera Regional Sports Assembly throughout the month.

Hindmarsh Shire Council Mayor, Cr Ron Ismay said "Students are encouraged to walk, scoot or ride to school or the bus stop as many times as they possibly can during October. For each day they actively travel to school they will be awarded with a ticket from their classroom teacher. There will be special prizes for the students who get a Lucky Ticket".

"This is an opportunity for students and their families to spend quality time together while being physically active every day" added Cr Ismay.

If families and students are unable to walk all the way they can consult their schools custom Walk to School map and park at the Park and Walk point and walk some of the way, all they have to do is follow the footsteps.

Cr Ismay said, "We hope to see as many students and families as possible involved in this year's program and hopefully we will be able to exceed the number of participants from previous years".

For any further information contact Hindmarsh Shire Council's Community Development Officer, Michelle Farinha on 5391 4443 or mfarinha@hindmarsh.vic.gov.au to find out more about Walk to School, or visit www.walktoschool.vic.gov.au.

Greg Wood

Chief Executive Officer