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MEDIA RELEASE

Hindmarsh Shire Council supports local families to walk, ride and scoot to school

Hindmarsh Shire Council will join VicHealth in its mission to get kids walking, riding and scooting to school as part of the health promotion foundation's annual Walk to School program.

Every October, Walk to School encourages families to get active on the trip to and from school to help kids build healthy habits for life.

Hindmarsh Shire Council will work with local primary schools to deliver a range of activities to support more families to walk, ride or scoot to school this October thanks to the funding from VicHealth.

To support the program, Council will run competitions at participating schools, organise walk events both inside and outside of school and host sport activities in collaboration with Wimmera Regional Sports Assembly.

Mayor Cr Ron Ismay explained "VicHealth's Walk to School program is a free, easy and fun way for kids to get active and build healthy habits for life."

"Council is delighted to support Walk to School throughout the Shire to encourage more kids to be active on the way to and from school." Cr Ismay continued.

"Our kids are healthier and happier when they're active every day, and walking to school is a great way to get their activity in."

"We want to make walking to school easy and attractive for families, by offering fun activities for all of our primary schools. During October, Council staff will intermittently visit schools in the morning and those who are walking will get prizes for their effort. And for the first time mums and dads will also receive vouchers as well!"

"Last year all of our local primary schools participated in this great VicHealth initiative and we are encouraging them to get involved this year to make Walk to School bigger and better."

Acting VicHealth CEO Dr Lyn Roberts AO said "Each year the Walk to School program continues to grow with more and more schools taking part with fantastic results."

"Walking, riding or scooting to and from school every day is an easy way to make physical activity

part of kids' daily life which is why our Walk to School program is so important." Dr Roberts said.

"Last year more than 140,000 kids from over 750 schools across Victoria took part in Walk to School, travelling the equivalent distance of two return trips to the moon."

"Helping our kids to get active is so important for their health and wellbeing, which is why it's great to have the support of Hindmarsh Shire Council to get more local kids walking, riding or scooting to school."

Local schools who take part in Walk to School will be in the running to win some fantastic prizes, including a footy clinic at their school hosted by an AFL or AFLW player.

For more information contact Gabriela Castro, Community Development Officer on 5391 4444 gcastro@hindmarsh.vic.gov.au or visit the Walk to School website www.walktoschool.vic.gov.au.

Greg Wood
Chief Executive Officer