

## MEDIA RELEASE

### VicHealth's Walk to School Month

Five Buloke Shire Primary Schools are getting involved in VicHealth's upcoming Walk to School month during October. Walk to School month encourages primary school children to walk, ride or scoot to and from school throughout the month, to help them get the sixty minutes of physical activity they need each day. Programs such as this really can kick-start healthy walking habits that can lead to good health for life.

Our local schools taking up the challenge are; Donald Primary, St Marys Donald, St Marys Sea Lake, Birchip P-12 and Wycheproof P-12. Each participating school has received a \$1,900 grant to help conduct their programs. The primary schools and students can sign up through a dedicated website to track their achievements throughout October and be in the running for fantastic prizes.

Walking is a great activity, a healthy and social alternative to just being dropped off at school by parents. Motorists, please be extra vigilant around school and pedestrian crossings during October, these students are our future", Mayor, Cr Reid Mather said.

Walk to School activities provide opportunities to raise awareness of the broader health and wellbeing benefits of children being active. Less than one in five Victorian children walk to school regularly, this at a time when childhood obesity is rising to epidemic levels. Since 2006, VicHealth's Walk to School has aimed to tackle this worrying trend by encouraging Victorian primary school students to walk to and from school more often. Younger children are encouraged to walk with their parents and older children on their own in circumstances their parents deem safe. October is a great time to start walking, because Victoria's fabulous spring sunshine makes it a pleasure to get out of the house, and the car!



**End release**

**For further information contact Travis Fitzgibbon on 1300 520 520**