



MEDIA RELEASE

Congratulations afoot

Buloke Shire Council congratulates the five local schools which recently took part in this year's VicHealth Walk to School month. Local schools who participated in the October challenge were Donald Primary, St Marys Donald, St Marys Sea Lake, Birchip P-12 and Wycheproof P-12.

VicHealth's Walk to School month is aimed at tackling the worrying trend of rising childhood obesity and the decline in physical activity among children. The efforts of these schools have helped raise awareness of the health and wellbeing benefits of children being active every day.

St Marys Donald Principal, Anne Anderson hailed the program a success for her school. "In addition each morning we set off around the walking track near the school. We also had an extended walk at the end of the program on 30 October when we bussed out to Walker's Lake and circumnavigated it. This was also beneficial to our environmental studies which this year focuses on water supply. We appreciate the Shire's support in this program, it makes things like the bus hire possible".

"Walk to School month is a great initiative and highlights how easy it can be to include some exercise in your routine. Walking is great exercise and can be fun and social way to start your day. Participating schools received grants of \$1,900 to conduct their programs this year. Council congratulates these schools on their efforts, Council will again assist these school and any others interested in next year's program", said Mayor, Cr Reid Mather.

End release

For further information contact Travis Fitzgibbon on 1300 520 520