VicHealth’s Walk to School month is a free, easy and fun way for kids to get active this October.

Victorian primary students are encouraged to walk, ride or scoot to and from school to kick-start healthy walking habits that can lead to good health for life. Walk to School is an annual event which has been funded by VicHealth since 2006.

The event is designed to raise awareness of the physical, environmental and social benefits of active transport (walking to school), and encourage school children to walk to and from school more often.

Walking to school can help children to achieve the recommended 60 minutes of moderate to vigorous activity every day, and adopt physical activity habits for life. Walking to school can help also reduce traffic congestion, parking difficulties and the associated environmental impacts.

VicHealth has worked with various organisations to increase children’s participation in physical activity through developing walk to school programs and funding Victoria Walks. Participating in Walk to School is a great way to build and encourage this healthy and cost-effective activity. They want to encourage children and their parents to start walking to and from school on the first day of term 4, and keep it up each school day throughout October.

**Watsonia Heights Junior Football club is a local community based soccer club with many kids from Rosanna Golf Links, St Martins and Rosanna Primary. They would like to partner with our school to encourage the ‘Walk To School’ initiative from VicHealth.**

As a sporting club focused on our juniors, they see it as their role to encourage and facilitate healthier children. They would like to kick start this VicHealth program in October by asking all kids and families to meet at the Lower Plenty Road (and Findlayson Street) end of the Rosanna Parklands. Here you can join other local parents and kids and walk to school. Parents and a teacher from each school will be on hand so parents can drop their kids and head of to work. We will all meet at 8.00am and depart the Rosanna parklands at approximately 8.15am, arriving at each school at approximately 8.30-8.40.

**When:** Monday October 5th 8.00AM drop off.

**Who:** Watsonia Heights Junior Football (soccer) Club. Located on Elder Street Watsonia
info@WHJSC.org.au

For further information or to volunteer to escort some students to school, please call Paul Brown (0424 989 535) President Watsonia Heights Junior Football Club

2015 Banyule Council community Club of the Year