Walk to School 2018
school guide
8 October to 2 November 2018

Supporting local primary schools to take part in the 2018 Walk to School program
Introduction

Every October, VicHealth’s Walk to School program encourages children to walk, ride and scoot to and from school. It assists to make active travel easy, safe and convenient for families.

This guide contains everything required to register and participate in the Walk to School program.

Maroondah City Council and VicHealth look forward to your school’s participation in Walk to School.

More information is on www.walktoschool.vic.gov.au

Council makes participation easy!

Maroondah City Council makes it easy for schools to participate by:

- registering schools with VicHealth once we receive an expression of interest form.
- providing all the materials to plan, promote and organise the activities, including posters, newsletters, and prizes (stickers and bag tags).
- running a Bag Tag It! competition in August - the perfect art or STEAM project!
- providing financial reimbursement to cover program expenses
- advise on how to organise Walk to School activities
- entering Walk to School participation data into VicHealth’s portal in November.
- coordinating a Be Safe, Stay Safe incursion that meets road safety curriculum.

The first two schools to register in the Walk to School program will receive additional support including:

- a visit by a Walk to School Ambassador at the school’s Walk to School launch event.
- support for the development of an active travel policy and ‘Walk this Way Guide’ containing safe routes to school and an action plan for encouraging active travel.

Maroondah City Council and VicHealth look forward to your school’s participation in Walk to School.

How to participate in Walk to School

Participation in Walk to School is free, easy and rewarding for schools, students and families. The timeline identifies the important participation milestones and requirements.

Bag Tag It! competition - August

Your Walk to School campaign starts in August with the Bag Tag It! competition. The competition opens on Wednesday 1 August and closes 5pm, Friday 31 August.

The theme is ‘Discovery’ and is a perfect creative design activity for inclusion in your STEAM or arts stream.

The winner and two runner up designs will be awarded a Fitbit Zip Wireless Activity Tracker, valued at $80.

The winner’s school will receive $200 to spend on equipment or an event promoting healthy activity.
Walk to School activities

Each school must organise two events during October. One event must be a Walk to School launch event with a crazy sock day. The second event can be chosen from the activity table below.

Schools are eligible for financial reimbursement depending on the tear of the activity chosen and can choose the day the events will be held on.

Crazy Sock Day

Wear fun, bright and colourful socks or tights to celebrate safe and fun walking or riding to and from school.

Why not make your Crazy Sock Day a fundraiser to assist with the collection of funds for equipment or facilities that supports active travel to school?

Activity Table

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<th>Tier 1</th>
<th>Tier 2</th>
<th>Tier 3</th>
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<tr>
<td>Host a WOW (Walking on Wednesday) for the month of October</td>
<td>Host a healthy breakfast</td>
<td>Make a short film promoting walk, ride or scoot to school.</td>
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<td>Host a celebration for your school crossing supervisor.</td>
<td>Coordinate a school walk-a-ton</td>
<td>Identify and trail designated park and walk locations</td>
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<td>Undertake a classroom learning activities in relation to road safety, e.g. ‘Kids on the Move’</td>
<td>Walk Doctor days. Students dress as doctors hand out ‘walking prescriptions’ with advice on the benefits of walking and how to make it easy for families.</td>
<td>Start a 1 day in 5 campaign that encourages students to nominate and commit to walking to school one day a week.</td>
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<td>Conduct a walking excursion</td>
<td>Create and promote a 10-minute walking zone around the school. Challenge students and families to only walk, ride or scoot in the walking zone.</td>
<td>Month Long House Points Challenge. Introduce house points challenge where students gain house points each time the active travel to school. Which house will win the challenge?</td>
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<td>Shoe Games Day – provide a range of shoe related activities on the oval, boot toss, shoelace races, etc.</td>
<td>Organize a neighbourhoods photo treasure hunt. Set clues for students to find interesting features in streets surrounding the school.</td>
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$100 reimbursement                                                               $200 reimbursement                                                        $400 reimbursement

Claiming your reimbursement from Council

All participation requirements of the program are to be met to be eligible to claim.

Evidence of your two events is to be provided to Council to be eligible to claim your reimbursements. Evidence can be in the form of photographs, video, report or school newsletter article.

Teachers or parent coordinators that organise a successful Walk to School program will be rewarded with a $20 movie voucher.
Further active travel events

Don’t forget these other great events that are available to schools.

Be Safe, Stay Safe 2019

Schools that provide raw participation data to Maroondah City Council to be forwarded to VicHealth, and who take part in Council’s coordinator satisfaction survey, can take up the opportunity for Be Safe, Stay Safe incursion during the first term of 2019.

The 40-minute session perfectly complements Road Safety models in the Prep, Grade One or Two curriculum.

The focus is on practicing safe walking (Stop, Look, Listen and Think), identifying safe places to cross, and using school crossings correctly.

It will be aimed at Prep, Grade One, and Grade Two students. Make sure you reserve space in the school 2019 calendar now!

Bike It! 2018

Tuesday 27 November 2018
9.30am to 2.30pm
Peter Vergers Reserve
Service Road off Maroondah Highway
Ringwood

Bike It! is an exciting bicycle skills competition available to primary schools in Manningham and Maroondah. The event is suitable for Grade Five and Six students.

Bike It! encourages students to showcase their bicycle skills and compete against other schools in a friendly environment.

Registrations are limited to one team of ten students per school, with a maximum of 14 teams for the event.

Booking are essential.

For more information or assistance with any information, please contact:
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