

SAFE AROUND SCHOOLS



Active Travel = Healthy Minds

Studies show that regular exercise and fresh air helps children:

- ✓ Increase physical activity
- ✓ Build confidence and life skills
- ✓ Increase academic performance
- ✓ Connect with family, friends & neighbours
- ✓ Contribute to a healthier environment



Keep up those healthy habits

Children that walk, ride, scoot, or skate to or from school are probably already feeling healthier and happier. Try starting a new physical routine and keep it in place until the end of the year. Even one day per week can make a difference. And ***part way is ok*** too, you don't have to walk all the way between school and home – try a nearby park as a start/finish point.

Be a role model for your children

Being active is just as important for adults too! Make walking and riding part of your day with your children or on your own. If your children see you doing exercise they will often copy. Exercise lowers your risk of health issues, boosts your mood, helps you to connect with friends and family and assists a better night's sleep.

Take a couple of minutes to watch our new Active Travel Animation to see how you can incorporate Active Travel into your week: [Active Travel - Reduce your car trips to school](#)

Contact the City of Casey:

Web: www.casey.vic.gov.au/safe-around-schools

Email: Safearoundschools@casey.vic.gov.au

Phone: 03 9705 5200

Post: PO Box 1000, Narre Warren VIC 3805

NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive

Cranbourne: Cranbourne Park Shopping Centre

ABN: 43 320 295 742



TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهى ਦੁਬਾਸੀਆ ಐಐಐ ಲಿಠಿಲಿಠಿಠಿ

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