

# WE'RE TAKING IT IN OUR STRIDE ON

FRIDAY 19 MAY 2023

It's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.



Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

**Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 19 May 2023!**

Our House Captains will be handing out prizes (temporary tattoos) and house points for those who walk to school on Friday.

We will also be holding a brand new and exciting house competition to coincide with this day

There are 2 categories students may choose to enter. See details below.

### Shoe Throwing:

- Each class will hold a competition to see who can throw a shoe the furthest down the basketball court (shoe provided by school. No children's shoes will be thrown.)
- The winner of each class will make it through to the final to be held after lunch.
- Each finalist will receive house points (winner of the final will, of course, receive more)

### Shoe Decorating:

- Any type of shoe may be used (shoe not supplied by school)
- Any materials may be used to decorate the shoe
- Shoes must be decorated at home & can be brought into school any time before, and including, Friday 19 May
- There will be a winner from each level (Prep, Junior, Middle, Senior)
- All participants will receive house points, with each winner receiving bonus points for their house.

