

# **Buninyong Primary Morning Ride**

**Date:** Friday 24<sup>th</sup>, March (THIS FRIDAY)

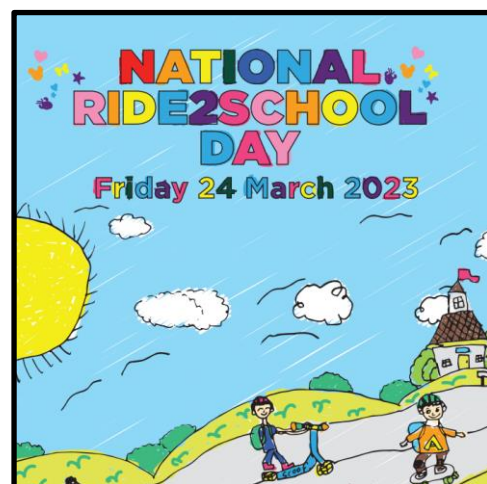
**Time: 8:20am-** Meeting at Buninyong Primary School (Simpson St)

**Where:** 2.3km loop around Buninyong Botanical Gardens



## **What are we doing:**

What better way to kick off National Ride to School Day than with a nice morning ride around our local school area on a Friday morning. We are inviting students and their families to bring along their bikes to join us in a nice, leisurely 2.3km loop around the local area (See map below). We will meet at the school's front entrance on Simpson St and depart at approx. **8:20am** to allow plenty of time for everyone to complete the course.



## **What is National Ride to School Day?**

More than 400,000 students from around Australia are expected to pedal, scoot, skate or walk to school on National Ride2School Day, Friday 24 March. The free, annual event for primary and secondary schools in Australia is set to be the biggest since it began.

## **Supervision:**

There will be school staff at the event, although we encourage younger rides to be supported with a parent/ carer present. We will aim to have some staff members at the crossing points, however, any volunteers would be appreciated.



### **The problem**

Over the past 40 years the number of children who are physically active everyday has significantly dropped. In the 1970's, eight out of ten students rode or walked to school but today that number has dropped to just two out of ten.

### **The solution**

Students who ride or walk to school contribute to their minimum physical activity level of 60mins per day. They are also more focused and ready to learn compared to those who are driven.

## Where do we store the bikes:

If your child is needing to store their bike at school for the day, then it can be taken to the following spots.

Prep- Grade 2	Bike Sheds (Next to the gymnasium)
Grade 3 & 4	To the left-hand side of the BER building (Grade ¾ end)
Grade 5 & 6	Out of the back of the BER building (Grade 5/6 end)

*Parents, we ask that the bikes get taken/ridden home that afternoon, just to ensure that we are not left with a large number of bikes to store in the school grounds over the weekend.*

## Map

