Walk to School this October and connect with local families

Seaford Park is excited to be taking part in VicHealth’s Walk to School from 3-28 October.

Walk to School encourages primary school students to walk to and from school every day in October to highlight the ways walking improves children’s health and wellbeing. Walking to school is a great way to help kids achieve the recommended 60 minutes of physical activity each day.

We’ll be encouraging families and students to walk to and from school as often as possible during October to help students learn healthy habits for life. Teachers will use classroom calendars to record each time students walk, ride or scoot to and from school. VicHealth offers some great prizes to schools with high participation, and runs fun walking themed competitions for students throughout October.

You can visit the Walk to School website for more information:
www.walktoschool.vic.gov.au

Not sure how to get started?
There are lots of ways families can get involved. You might like to:

- Walk with your child to and from school and enjoy the chance to chat
- Connect with other families and friends on your way to school, and share the journey
- Part way is ok—if you live a long distance from school or have limited time, drive part of the way to school and walk the rest
- Mix it up—if your child enjoys their bike or scooter, that’s great too!