



WALK SAFELY TO SCHOOL DAY

May 4, 2018.

Dear Parents/Caregivers/Grandparents,

This year Merimbula Public School is taking part in Walk Safely to School Day, which is being held on Friday (May 18). 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. For more information visit: www.walk.com.au

Whilst walking all the way to school isn't realistic for many of us, there are other ways your child can participate:

- Walk to the bus stop, or walk a longer way to the bus stop (leaving home earlier);
- Walk with your parent/carer from somewhere near the school (ie: from the Information Centre, from Spencer Park);
- Join the 'Walking School Bus', walking with Merimbula Public School staff from Berrambool Oval.

Merimbula Public School staff will be hosting a 'Walking School Bus' on Friday May 18 from Berrambool Oval. Students can walk to or be dropped at Berrambool Oval between 8am and 8.15am, ready to walk to school together from 8.15am. Parents and caregivers are also welcome to come and join us on the walk! Students are to travel home as per usual or can walk back to Berrambool Oval at the end of the school day. Children returning to the oval must be collected at 3.30pm.

Other ways you can teach your child the healthy habit of walking more is by:

- Walking the whole way to school;
- Getting on at a later bus stop;
- If you have to drive, park a few blocks away from the school/venue and walk the rest of the way;
- Walk your dog as a family;
- Take a family walk to/around the beach/park;
- Enjoy our beautiful local boardwalks and National Park walks (ie Mount Imlay).

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 real opportunity to teach your child safe ways to behave around roads and traffic.

To support us in preparing for the walking bus (and teacher supervision), can you please complete the following permission note if your child is attending. In the event of severe/inclement weather, the walk will be postponed to Monday, May 21. Any changes will be posted on the school Facebook site from 7am on May 18.

Yours Sincerely,
Michelle Hulme - Principal

Walk To School Safely Day – Walking School Bus

Dear Ms Hulme,

My child _____ of class _____ will be meeting you/staff at Berrambool Oval on May 19 (or May 21 if the event is postponed due to inclement weather) to join the walking school bus and walk to school at 8.15am. My child **WILL / WILL NOT** (please circle) be walking back to Berrambool Oval to be collected at 3.30pm.

Medical needs/considerations: _____ Parent mobile number: _____

Parent/Carer: _____ Signed: _____ Date: _____