



MEDIA RELEASE

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Sign up now for Walk to School Month

Melton City Council is once again throwing its support behind Walk to School Month this October, and encouraging local schools and students to sign up.

Walk to School Month promotes regular physical activity in Victorian primary school students, while helping children and their families establish active routines for life.

Council is now urging local schools and families to get involved, sign up and run their own fun activities to promote walking, riding and scooting to and from school.

City of Melton Mayor, Cr Sophie Ramsey, said Council would work with local primary schools to deliver a range of activities encouraging more families to walk, ride or scoot to school this October

“We’d love to see more families walking, scooting or riding in the City of Melton to help local kids get active and build healthy habits, confidence and friendships,” Cr Ramsey said.

“Walking to and from school is a great way for children to get active, while achieving the recommended 60 minutes of physical activity, every day. Students that walk, ride or scoot to school arrive more alert and ready to learn.

“Walking also helps take cars off the road, which reduces congestion around schools and helps the environment.”

Schools which participate in Walk to School will receive certificates to celebrate their students’ achievements, and will be in the running for a series of prizes.

Walk to School Month is one of many initiatives Council offers to increase rates of walking, riding or scooting to school. Council also promotes bike education and walk to school groups.

For more information on how to get involved, or to sign up, see walktoschool.vic.gov.au

ENDS

Melton City Council media enquiries (not for publication): Therese Allaoui – Media and Communications Adviser on (03) 9747 7132.