

## Media Release

WEDNESDAY, 15 AUGUST, 2018

### **Strathbogie Shire Council calls for local families to walk, ride and scoot to school**

Strathbogie Shire Council will join VicHealth in its mission to get kids walking, riding and scooting to school as part of the health promotion foundation's annual Walk to School program.

Every October, Walk to School month encourages kids and families to get active on the trip to and from school to help build healthy habits for life.

Council will work with local primary schools to deliver a range of activities encouraging more families to walk, ride or scoot to school this October thanks to funding of \$10,000 from VicHealth.

Local kids are also encouraged to put their creativity on show by decorating their shoes, bikes and scooters to show off on the way to school.

Strathbogie Shire Mayor Amanda McClaren said VicHealth's Walk to School program is a free, easy and fun way for kids to get active and learn healthy habits for life.

"We are delighted to support Walk to School in the Strathbogie Shire to get more kids moving and being active on the way to and from school," Cr McClaren said.

"Last year we didn't have any local schools in the VicHealth Walk to School Program, so we are really excited to have a number of primary schools involved this year to make Walk to School bigger and better."

VicHealth CEO Jerril Rechter said each year the Walk to School program continues to grow with more and more schools taking part with fantastic results.

"Walking, riding or scooting to and from school every day is an easy way to make physical activity part of kids' daily life which is why our Walk to School program is so important," Ms Rechter said.

"Last year more than 140,000 kids from over 750 schools across Victoria took part in Walk to School and walked the equivalent of two return trips to the moon. This year we hope to get even more schools involved in the program to improve the health of our kids."

Local schools who take part in Walk to School will also be in the running to win specialised AFL Footy Clinics with an AFL or AFLW player.

Schools and Councils can now register at the Walk to School website on [www.walktoschool.vic.gov.au](http://www.walktoschool.vic.gov.au)

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