

Active School Travel



FOOTLOOSE FRIDAY

The Active School Travel Program would like to welcome all parents and children back to another term at Graceville State school and invite you to join in our Active Travel days. Active Travel days are designated days where we ask everyone to leave the car at home and walk, bike, use public transport, car pool or scoot to school. Can't leave the car at home? No problem. The program has designed Active Travel maps with designated Park and Stride locations around the school. These locations allow those who are unable to walk, or roll from home, a place to safely park and walk the rest of the way into school. Just parking a street or two away and walking makes a huge difference to the general traffic and congestion around the school and helps to prepare students for learning through the physical activity of walking. Of course, our environment will thank you too.



Your child/children should already have one of our school active travel maps. This is a great resource to help you identify possible walking and wheeling paths to get to school. Spare maps are available from the Office.

Children should also have already received an Active School Travel Passport. If you can't find your Passport from last term there is a stamping card that can be collected from one of the Stamping Stations which are located at the front, back and bike gates of the school. You will, however, start back at the beginning, earning a stamp each time you actively travel, earning prizes along the way.

Did you know that both **Acacia Ave** and the back entry at **Park Road** are **Two Minute Zones**? That means,

during the morning and afternoon you are only permitted to park in these locations in the collection area (first three car spaces) for two minutes. After this you are to circle around the school and join the queue again. Only the first three cars should be accepting passengers and parents are reminded not to call their children to cars beyond these three cars. The 2 Minute Zones can be patrolled by both the Police and Brisbane City Council. At no time is it acceptable to park and leave your car during the hours the zone is operating. Remember cars leave the zone in the order they arrived and drivers must not pull out from behind other cars or pass cars in the pick up area on the right. The smooth operation of this area is in the best interests of our students. Please become familiar with and model the correct driver behaviours in these locations. Remember to ask your child to keep an eye out for you while they wait at the gate so they can make their way to the collection point once you are one of the first three cars.

Friday is Graceville's designated **Footloose Friday Active Travel Day**. It is the day students can actively travel to school and earn points towards prizes.

As part of the program, your child will receive-

- Stamping Card to be stamped on Active Travel Days (keep this in your child's Take Home Folder or Homework Folder, as the program offers surprise stamp days) which helps them to earn points towards prizes to reward active travelling.
- You do need to look after your Stamping Card, so you may like to keep it in a Zip Lock Bag.
- Education on how to safely travel to school via the newsletters and assembly items.
- The ability to participate in fun activities, competitions and even dress up days!

And some of the benefits of walking to school everyday include:

- Reduced traffic around the school
- Environmental benefits – our Planet thanks you!
- Building strong, healthy bones -Walking is one of the best exercises to achieve this!
- Helps reduce anxiety
- Improves sleep quality
- Promotes mindfulness
- Improves cognitive performance at school and prepare children for learning

The continued success of the program depends on the support from the parents and teachers of the school. As a parent, you are the most influential person in your child's life. Children form their behaviours based on the activities in which you encourage them to participate. Introducing lifestyle exercise, like walking and biking to school every day, will contribute to your child's daily activity and help form behaviours that will extend well into their adult years.

Active Travel can become part of your everyday routine and the program would like to invite you to get involved by volunteering to organise a walking 'School Bus' for your class, especially on a Friday. Walking School Buses are an easy way to participate in the program, meet new people and help reduce traffic around the school. They work just like a carpool but without the car. Parents organise a meeting point, like at one of the Park and Stride locations for example, and take turns volunteering to walk the students to school on Active Travel Days. Have you considered car-pooling? Do other students live in your streets or do students in your child's class live nearby? Car-pooling is a great way to reduce the number of times you need to drive to school, and the amount of traffic on our roads! If your Class Rep organises a morning tea or dinner, maybe consider having a chat with other families about car-pooling.

Meet Walker!



Walker has been putting one foot in front of the other since he was nearly two years old. He loves the freedom of walking to and from school and enjoys catching up with his mates on the way. He always uses STOP, LOOK, LISTEN, THINK when he crosses the road.

Meet Carsha!



Carsha is all about sharing her ride. She and her friends live a bit far away to walk to school, so their parents take turns driving them all to school, and Carsha and her friends play games on the way. She knows that one car at the school gate is better than three!

Meet Ryder!



Ryder loves the feel of the wind in his face when he's on his bike. Ryder knows when he's riding on the footpath he needs to give way to pedestrians and sound his bell. He always wears his helmet.

Meet Scoot!



Scoot rides his scooter to and from school with his friends every day! He wears his helmet and is always watching for cars coming in and out of driveways.