

EASTWOOD KIDS GO ACTIVE TO SCHOOL

Children between the ages of five and twelve years need at least 60 minutes of physical activity every day and students from Eastwood Public School are being encouraged to step out as part of a walk-to-school project.

Go Active 2 School was developed by the City of Ryde in partnership with the school community, the Police as well as health and educational bodies, to encourage more students to walk safely to school on a regular basis.

City of Ryde Mayor, Clr Artin Etmekdjian, will be joined by NSW Commissioner for Children and Young People, Megan Mitchell, to launch the program at Eastwood.

“By walking to school children can achieve their daily activity goal and increase awareness of road safety around our schools.

“Members of the school community conducted a ‘walkability’ audit in the local streets around the school to map the best walking routes and identify potential hazards,” the Mayor said.

Launching the program, Commissioner Mitchell congratulated the school community for taking action and getting active.

“Kids tell me that relationships and feeling good about themselves and their communities are so important,” Ms Mitchell said.

“Walking safely to school with a parent, with friends, brothers and sisters, is a great way to keep connected and stay healthy,” she said.

Every student receives a Go Active 2 School kit which contains:

- Transport Access Guides (TAG) - maps of safe walking routes
- Local transport information including
 - Free Top Ryder community bus
 - Pedestrian and traffic light crossings
 - Libraries and shopping centres
- Safety arm bands to increase visibility of students
- Go Active 2 School water bottles and pedometers as incentives for the children to walk
- Information on healthy living and being sun smart.

City of Ryde has partnered with NSW Health Promotions, NSW Police and the Department of Education and Training Road Safety Curriculum Support to develop this project.

Photo Opportunity: Tuesday 11 October 2011, .2:00pm, Eastwood Public School, Rowe Street, Eastwood. Attending NSW Commissioner for Children and Young People, Megan Mitchell; City of Ryde Mayor, Clr Artin Etmekdjian; Acting School Principal Sue Leitch; NSW Health Promotions Patricia Krolik; NSW Police (Eastwood LAC) Debbie Chrystal; Dept of Education and Training Sandra Coppe; City of Ryde Road and Community Safety Officer Yolla Karnib
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