

Monday 20 May 2013

## KIDS GO ACTIVE 2 SCHOOL AT MEADOWBANK PUBLIC

The City of Ryde Go Active2School walking program will be launched at Meadowbank Public School on Friday 24 May at a Walk Safely to School Day breakfast for students and parents.

Two hundred Go Active2School packs will be given out to students to help them get started. The information packs in English, Chinese and Korean, include:

- **Transport Access Guides (TAG)** - maps of safe local walking routes
- **Information** leaflets on -
  - Pedestrian and traffic light crossings
  - Libraries and shopping centres
  - Being sun smart healthy living
- Go Active2School **reflective bag tag**
- **New Travel Chart** so kids can keep track of their activity as they travel to and from school.

Working with the Council's project team, members of the Meadowbank Public School community conducted a 'walkability' audit in surrounding streets to map the School's best access routes and identify any potential hazards.

City of Ryde Mayor, Cllr Ivan Petch, said: "Walking safely to school with a parent, family members or friends is a great way for children to keep active and stay healthy.

"I congratulate the School for taking action to help kids get more active with this easy program and urge all parents to familiarise themselves with the literature."

Children between the ages of five and twelve years need at least 60 minutes of physical activity every day

Go Active2School has now been adopted by 11 local schools. It was developed by the City of Ryde in partnership with local schools, P&C Association, Ryde Hornsby Health Promotions Unit, Department of Education and Training Road Safety Curriculum Support, NSW Police and Cancer Council NSW.

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Photo Opportunity: 200 pupils from Meadowbank Public School will receive their GO ACTIVE2SCHOOL PACKS. 9.00am, Friday 24 May 2013, Meadowbank Public School, Thistle Street, Ryde. School breakfast for parents and children. Speakers include – Meadowbank School Principal, Jenni Cope; City of Ryde Mayor, Cllr Ivan Petch, Ryde Council's Community Projects Officer (Roads and Safety) Lisa Pears.

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