



Dear Parent/Caregiver,

Research shows that getting active on the way to school can improve children's independence, confidence, road and personal safety skills and general health and wellbeing.

To encourage active travel, our school is running a Walk & Wheels promotion.

What is Walk & Wheel?

Walk & Wheels aims to encourage students to walk, cycle, scoot or skateboard to and from school.

Rewards

Participating students will complete a special Walk & Wheel ticket or chart in class and receive small rewards for their efforts.

They may even go into a draw for bigger prizes at the end of the term!

But we live too far from school to walk...

How about driving part way to school and walking the last 10 minutes? This reduces congestion at the school gate and enables your children to get active and take part in Walk & Wheel.

WELLINGTON REGION'S
School
travel plan
programme



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Jack's Road Safety Tips

Remember to teach your child to:

- Use pedestrian crossings
- Look and listen for traffic entering or leaving driveways
- Walk on the footpath, close to houses and away from the road
- Hold hands if walking with a young child

Show your children how to cross the road safely

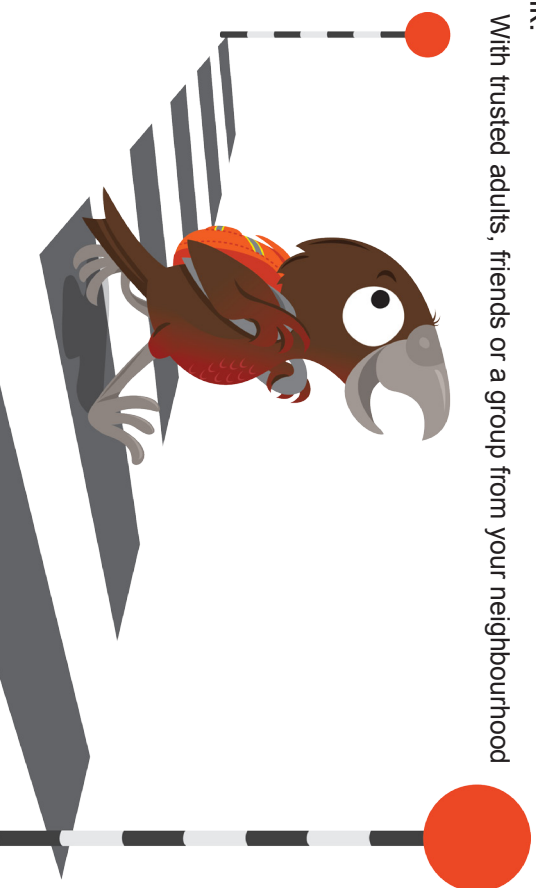
- Find a safe place to cross
- Stop one step back from the kerb
- Look and listen for traffic coming from all directions
- If there is traffic coming, wait until it has passed and then look and listen for traffic again
- When there is no traffic coming, walk quickly, straight across the road, looking each way for traffic

Bike:

- Under 10s should always bike with an adult
- Your child must wear an approved cycle helmet
- Make sure bikes have working brakes
- Make sure bikes have reflectors and lights if cycling at night

Walk:

- With trusted adults, friends or a group from your neighbourhood



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