

National Ride 2 School Day

Dear Families

National Walk Ride 2 School Day is on **Friday 23 March**. It is a nationwide program that enables students to get physically active on their journey to school. Over the past 40 years the number of children who are physically active everyday has significantly dropped. In the 1970s, eight out of ten students rode or walked to school but today that number has dropped to just two out of ten.

Students who ride or walk to school contribute to their minimum physical activity level of 60 minutes per day. They are also more focused and ready to learn compared to those who are driven. Students have been learning about bike and road safety in their health lessons.

The Objectives of National Ride 2 School Day are:

- To encourage parents and carers to ride to school with primary school age children
- To promote the health benefits of riding and create regular riding habits
- To help children develop vital road skills.
- To help children develop the vital road skills they will need as they become mature pedestrians
- To reduce car dependency and traffic congestion
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

Finally, the faction captains Mrs Langlands and Mr Wrigley will be handing out stickers and fruit on arrival to school.

Don't hesitate to contact me at kelly.langlands@education.wa.edu.au if you have any questions about this event.

Kelly Langlands
Health and Physical Education Coordinator
12 March 2018