

National Ride 2 School Day

Dear Families

National Walk Ride 2 School Day is on **Friday 19 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 walks 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.

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

This Friday, students who ride to school will receive a PBS token in class from their classroom teacher. These will be collected by the faction captains and put into a drawer to win some bike safety equipment in a raffle drawn at the Week 8 assembly.

There will also be a Facebook thread for you to add a picture of your child/ren ready to safely ride to school on Friday morning. We will display a selection of these during the Ride 2 School raffle drawer at the assembly.

Andrew Wotherspoon
Health and Physical Education Coordinator
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