

Active School Travel - We're In!

This year, St Dymphna's has been selected as one of 16 new schools joining Brisbane City Council's award winning *Active School Travel program*.

This is a 3 year program designed to educate and motivate students, parents and teachers to leave the car at home* and actively travel, reducing traffic in and around our school area.

Active School Travel promotes clean and green, active and healthy school travel modes such as:

- Walking;
- Cycling;
- Scootering;
- Carpooling; and
- Public transport.

By actively travelling to school, at least one day a week on our active travel day, we can work towards:

- Reducing traffic congestion at the school gate;
- Improving road safety;
- Creating a cleaner environment;
- Improving our health and fitness; and
- Encouraging a strong and social school community.

So look out for Active School Travel and start thinking about how you and your family can use your car less and be active on the way to and from school this year.

Key Dates

The Launch

Brisbane City Council's Active School Travel performers Roadstar, Red and Green will visit our school assembly on Monday 23 February. Mark it in your diary, as these professional performers put on a great show to launch the program.

Our first Active Travel Day

Our travel day is "Walking Wheeling Wednesdays", **commencing Wednesday 4 March**. Special celebrations will occur on this day. Look out for further information.



Active School Travel - FAQs

How does the program work?

All students will receive an Active School Travel passport. Students who actively travel to school on Wednesdays will collect stamps and earn lots of great rewards.

We know that everyone is different, so there are lots of ways you can actively travel to school. How will you actively travel to school?

Walk

Leave the car at home and walk your children to school. If you live too far away, drive part of the way and walk the rest. We call that "Park and Stride". Try leaving the car near Trezona Park Zillmere, at Coles on Robinson Road, the Aspley Leagues Club in Kirby Road, or at Marchant Park and walking the remainder of your journey to school.

Cycle or Scooter

Ride with your children to school. It's legal to ride on the footpath and remember to always have your helmet secured.

Carpool

Find a friend and carpool to school. It's an easy way to save money and time. Talk to other parents in your child's class or at music and sport to see who is going your way. All children in the car qualify for a stamp in their passport.

What day is our Active Travel Day?

Every Wednesday, commencing 4 March, will be St Dympna's Active Travel Day. Class teachers will ask the children how they travelled to school that day.

We live some distance from the school. How can we be part of the active travel program?

As previously stated, everyone's situation is different and for some families it is not practical to actively travel the full distance. Children will qualify for a stamp in their passport if they actively travel for **2 or more blocks**, so "park and stride" may suit your family. Some suggested "park and stride" routes are provided on the school website and the parent portal.

Carpooling is another option for some families.

Where can children leave their bikes and scooters?

A bike rack is located between the tuckshop and the groundsman's sheds. Bikes and scooters can be locked up here. The school is in the process of purchasing a second bike rack.



Active School Travel - FAQs

What's in it for my family?

Not only will your children be rewarded with some cool prizes, but your family will also enjoy improved health and fitness. Studies show children who are active before school also display better concentration. This is also a great opportunity to join with other families, and to extend your social networks.

As part of the Active School Travel Program, our school will also have access to some great workshops for our children, including RACQ Streets Ahead, Bus Orientation (great for children soon to head off to high school), Scooter Skills training and Bike Skills training

Do children need to actively travel at the end of the day, to get their stamp in their passport?

No. We are only tracking how children travel to school, on Wednesdays only. Often children don't remember how they travelled home the afternoon before, so this is not something we will attempt to measure.

Of course, families are welcome to actively travel to and from school and on additional days - we just won't be monitoring this.

Wednesday doesn't suit my family. Can we actively travel on an alternative day?

Unfortunately it is not practical for teachers to monitor how the children travel on multiple days of the week, so active travel on other days will not be recognised officially and your child will not receive a stamp in their passport.

Wednesday was selected as our active travel day, to avoid those days when children are carrying extra items, e.g. musical instruments on Thursdays and Fridays.

How can I get more involved?

To help implement and promote the program we have established an Active School Travel committee. The committee meets with a representative from Brisbane City Council every second Thursday of the month, at 8.30am. If you are interested in being a part of this committee, or have some ideas to share, please come along to our next meeting, or chat to APRE Mrs Tanya McNeill or parent coordinator Cathy Kingston.

How can I learn more about the program?

If you would like more information on the program you can visit Council's website www.brisbane.qld.gov.au (and search Active School Travel Program) or contact Council on 07 3403 8888.

