

Movin'March 2018 - Newsletter Text

Deciding to allow your children to walk or bike to school can be a daunting decision but the benefits of increased physical and mental well-being are worthwhile.

Benefits

Research shows walking and biking to school improves physical fitness and helps develop confidence, independence, decision making and risk assessment skills, improve communication with parents and build a stronger sense of community.

We understand active travel can be a challenge for many families. The distance to school, time pressures of work and after-school activities along with concerns about road and personal safety impact on the decision to allow walking and cycling to school.

Movin'March

Movin'March provides a great opportunity to overcome these barriers and give walking or wheeling a go – even if it's just for one day to see for yourself how rewarding it can be for your family.

Movin'March is a month long celebration of active travel to school run by the Greater Wellington Regional Council. Participating schools will encourage their students to take part in the WOW (Walk or Wheel) Passport Challenge and the WOW Family Day on Friday 31st March.

Students will receive a WOW Passport to be stamped each time they walk or wheel to school during Movin'March – even just part of the way. Once their card is full, they go in the draw to **win a \$300 Avanti voucher!** Families will be encouraged to make extra special effort on WOW Family Day to celebrate the school's Movin'March efforts.

Try rearranging your schedule to walk with your children on WOW Family Day. Find walking buddies if you can't participate or use a drop-off point near the school so they can walk part of the way.

Find out more about Movin'March and WOW at www.movinmarch.com.

Resources

If you have children who are ready for independent travel to school – help get them prepared for Movin'March by teaching your children the skills they need. Vic Health has developed a great guide for preparing your children and the New Zealand Transport Agency has developed factsheets on how to teach road safety skills. We've also put together tips and advice for common concerns parents have about the journey to school. You can find links to all these resources at www.movinmarch.com/parents.

Happy walking and wheeling!