Dear Parents/Caregivers,

WE’RE TAKING IT IN OUR STRIDE ON FRIDAY 20 MAY 2016

Well it’s that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. As walking all the way to school isn’t realistic for many of us we will be meeting at the Woodcroft Playground on Pimpala Road.

**Arrive** at Woodcroft Playground (meet under the rotunda) at **8:15am**

**Depart** Woodcroft Playground for Emmaus at **8:30am**

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Smarter Kids so hopefully we will see you on our own Walk Safely to School Day journey on **Friday 20 May 2016**!