



# STROLL & ROLL

## Active Travel to School Day!

Don't forget about our weekly active travel to school day. It's important that students and families are aware of the benefits of actively travelling to school.

When students walk, ride, scoot or skate to school, this helps them to build physical activity into their day. However, the health benefit is not limited to just their physical health, it also supports overall wellbeing and the creation of lifelong healthy habits.

Other wellbeing benefits include:

- Confidence: Children can learn important skills such as road safety and awareness of their surroundings. This can help promote independence and resilience.
- Boosts energy levels: increasing their activity levels can help them concentrate better in the classroom.
- Being social: active travel is a great opportunity for children to have fun and to socialise with other children on the way to school.

Make sure your child participates in Active Travel to School Day and remember that part of the way is ok!



For more information  
scan the QR code or visit  
[www.latrobe.vic.gov.au/StrollandRoll](http://www.latrobe.vic.gov.au/StrollandRoll)

