



The Walking Times

February 2010



Encouraging fun, fitness, safety and health with the Walking School Bus

The Primary schools participating in the Walking School Bus program are: Ainslie, Aranda, Arawang, Campbell, Duffy, Florey, Garran, Giralang, Majura, Miles Franklin, St. Clare of Assisi, St. John Vianney, St. Jude's, Turner, Trinity Christian School and St. Thomas the Apostle.

Hi everyone and welcome to the first Walking Times for 2010. For those who have not previously received a copy of the Walking Times the newsletter is sent out twice a term to keep volunteers, parents, children, schools and supporters of the Walking School Bus program informed of our activities.

Hopefully there are more adults and children from your school community starting to walk or ride to school. If you do have new students joining your walking route can you please make sure that their parents fill in a student consent form. Copies of the form are available at the WSB website or can be found in the WSB folder at participating schools. Thanks for your help in this matter, it just helps us maintain up to date records. See you soon. **Fiona Looney, WSB Program Manager**

Great Ydeas Grants—YWCA initiative

Do you have a desire to develop a new skill, attend a conference or establish a small business but just can't commit the start up fund?

This year, the YWCA of Canberra will celebrate International Women's Day with the launch of an exciting new grants program for local women – The Great Ydeas Grants Program. The Great Ydeas small grants program offers some financial assistance to women in Canberra and the surrounding regions to help them develop their skills and enhance their contribution to themselves, their families and their community.

Women who have new and innovative ideas are encouraged to apply for a grant, particularly Indigenous or young women (30 years of age or under). Your project ideas could include education or training opportunities; community-based activities; seeding funds for the establishment of a small business; or even attendance at conferences. All submissions will be considered and as long as the eligibility requirements are met, your submission is only limited by your imagination!

YWCA of Canberra aims to help 'women achieve their potential'. The YWCA of Canberra is active on issues that are important to women, and is a driving force in creating opportunities for young women in Canberra.

Applications open on 4 March 2010 in conjunction with celebrating International Women's Day and close at 12 noon on 14 April 2010. Find out more by visiting the website www.ywca-canberra.org.au

5 steps to a healthy lifestyle

- Get active for an hour or more each day
- Choose water as a drink
- Eat fewer snacks and select healthier alternatives
- Eat more fruit and vegetables
- Turn off the TV or computer and get active

Source: © Healthy Kids website, 2006
URL: <http://www.healthykids.nsw.gov.au/index.html>

Any concerns about your WSB Route?

For debris or glass on the path, phone Canberra Connect on 132281. For road safety concerns, please contact the Walking School Bus program on 6175 9900 or by email: wsb@ywca-canberra.org.au.

The ACT Walking School Bus program is managed by the YWCA of Canberra and supported by the ACT Government under the ACT Health Promotion Grants Program. The following departments provide in-kind support: Commonwealth Department of the Environment, Water, Heritage and the Arts; Australian Federal Police; ACT Territory and Municipal Services and the ACT Department of Education and Training. The Walking School Bus logo is a trademark of the Victorian Health Promotion Foundation (VicHealth).

Our new Program Officer.....

Hi, I'm the new program officer for the Walking School Bus program. My name is Amanda Young and a little bit of my background includes 4 years volunteering for my local soccer club, 7 years in a school canteen as a manager and many years involved with my children's schools P & C's, where I have undertaken many different roles from treasury to fundraising.

I am really excited to be working with the WSB program and am looking forward to meeting you all and walking with you soon. I am working each Monday, Tuesday, Thursday and Friday during school hours. **Amanda Young**