



The Walking Times

August 2009



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

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

Welcome back to Term 3

Hi everyone. I hope everyone has enjoyed the holiday break and are back into their regular routine including a walk to school! One of the great things about Canberra is seeing the impact that the seasons have on our streets. I love seeing the wattle out everywhere, the sprays of these golden flowers really brighten up our streets.

Speaking of spring the Walking School Bus is celebrating its return with our Step into Spring promotion. We are encouraging everyone to take part in our Step into Spring activities during the first week of Spring including a scavenger hunt and colouring in competition. Details of both activities will be emailed to you later this week.

Please do not hesitate to talk to David or myself with feedback about the Walking School Bus program, I'd love to hear from you.

Fiona Looney, WSB Program Manager

Winter ways with fruits

Fruit is an important part of healthy eating. It provides our bodies with vitamins, minerals, fibre and energy. All fruit is rich in vitamin C, which helps keep those winter colds away. Fruits in season are the freshest and best value. Frozen varieties and those canned in natural juice are also good choices.

Eating enough fruit is easy if you keep it interesting. If the apple you include in the lunchbox comes home day after day, try something different.

Breakfast

- Add chopped, canned or dried fruit to breakfast cereal
- Try a fruit smoothie or lassie (yoghurt drink)
- Top toast with sliced banana

School lunches

- Pop a snack pack of diced fruit in your child's lunchbox
- Try smaller fruit serves (e.g. a mandarin, a small bunch of grapes or quartered fresh oranges) with a paper napkin to wipe sticky fingers
- Munch on dried fruit or add to muffins (occasionally)

Top 5 Road Safety Tips for pedestrians

To be a safe pedestrian, remember ...

- **Walk on footpaths** if available.
- Where possible, use **pedestrian crossings** and **lights** to cross the road.
- **Walk** to the edge of the kerb and **wait one step back** from the kerb while waiting to cross.
- When crossing a road – **stop, look** (right – left – right), **listen** and **think**.
- **Watch** until there is no traffic or the traffic has stopped
- **Walk quickly** across the road, **looking and listening for traffic** both right and left.

Talk with children about road safety and allow them to assist in making choices.

After school

- Cut fruit into bite-sized pieces and thread onto skewers
- Freeze bananas, grapes or orange wedges for a cool snack, or puree fruit and freeze for a homemade icy pole – these are popular, even in winter!

Dinner

- Make a hot fruit dessert (e.g. baked apples, poached pears, fruit crumble)
- Stew fruit and top with yoghurt or custard

For more great fruit and vegetable recipe ideas go to www.gofor2and5.com.au. Source: ACT Health

Walking School Bus Banners

You might have noticed that we now have lovely bright banners up at nearly all our Walking School Bus schools. They look great with our new WSB logo and really stand out!



Thank you to all the school Principals and teachers and our handyman, Horry Moorby for helping to put the banners in place. We also must say a big thank you to NRMA Motoring & Services for their support and funding the banners.

Update from the WSB Program Officer,

It's hard to believe we're already into Term 3 with spring just around the corner. We're looking forward to our 'Step into Spring' event which will take place in the first week in September. We hope all Walking School Buses will walk and participate in the scavenger hunts and poster competition.

Then on 11-12 September, the WSB will be participating in the Switch to Green Expo and Conference. Last year Campbell and Miles-Franklin Primary Schools made cardboard Walking School Buses which they walked around the Expo – they were a big hit and even made it on to the ABC 7pm news! We would like to do the same this year so please let us know if your WSB would like to make a cardboard WSB for the Expo schools day on Friday, 11 September. For more details about the event visit the website www.switchtogreen.unaa.org.au



Kenny Koala receiving a kiss from his admirer Eliza at Majura Primary School.

2009 ACT Travel Survey

The Department of Territory and Municipal Services (TAMS) is conducting a survey to understand the travel patterns of the Canberra community and is seeking your help to participate in the survey.

The survey will be used to obtain information on the travel patterns of Canberra households. This will help TAMS to shape future transport policy and planning to better address the community's travel needs. The outcomes will also assist the development of Sustainable Transport Action Plan (2010-2016). (www.sustainabletransport.act.gov.au)

You can complete the survey by visiting them online at www.rego.act.gov.au. The survey will take approximately 30 minutes to complete for a household of four persons. The 2009 ACT Travel Survey is available to complete now until 31 October 2009. Make sure you don't miss out on helping to shape the future of transport in the ACT.



North Watson WSB route about to start their Winter Solstice Walk

Since the last edition of The Walking Times we've had a very successful Winter Solstice Walking Week, enjoying celebrating walking during the shortest days of the year

On a suitably foggy morning, we launched our Winter Solstice event by joining the North Watson WSB for their walk to Majura Primary School. There were bright hats and capes and we even had musical instruments to play as we walked and a piper (Leon Arundell from Pedal Power) playing his flute – thanks Leon! We were also joined by Tanya and Louise from ACT Health and Snezana Dimitrovska from Roads ACT.

At Majura Primary School, the Principal Coralie McAllister and a school band greeted us, together with Happy Heart from the Heart Foundation and Kenny Koala from the Australian Federal Police.

A big thank you to everyone who joined in the event, including the North Watson WSB children and parent volunteers, Leanne, Eliza and Janet. It was a fabulous, fun way to celebrate walking in mid-winter!

David Turbayne, Program Officer

To all our volunteers.....

Did you know that the Walking School Bus Hi Visibility fluorescent vests:

- make us highly visible to drivers;
- increase our safety;
- show everyone we are a Walking School Bus; and
- meet our public liability and personal accident insurance requirements.

It is important that all our volunteers wear the high visibility vests so the Walking School Bus program meets its duty of care to all walkers.

So, when you are walking as a volunteer please wear your WSB vest – thanks!"

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).

