

Park & Stride to feel ALIVE!

'Park and Stride' aims to reduce traffic congestion and improve road safety at your school gates. It is part of the Active School Travel program, which sets out to encourage families to walk, cycle, carpool or take public transport all or part of the way to and from school.

The benefits of walking to school are numerous. Aside from the obvious health and environmental benefits, there are also the social and safety benefits.

Walking some of the way gives your child a chance to be more active, teaches them vital road safety skills and takes traffic congestion away from the school gates making it safer for everyone.

Park & Stride gives you an alternative to driving door to door. Find a place to park 5 or 10 minutes walk from the school. This could be a local park or community centre. Use your school's Active Travel Map to identify the best route to school.

Have you tried to Park & Stride from your school's designated spots which can be anywhere 500 metres from the school.

How easy is it for you to walk, cycle or catch public transport to school? Find out in the Toowong State School Active Travel Map which you should have. Brisbane City Council has produced this guide for the school as part of the Active School Travel program.

Using your Active Travel Map you can identify walking and cycling paths, public transport routes and essential public facilities.

Your chance to WIN!

For the chance to win some great prizes enter into the family Active Travel Map competition. Complete the activities below (both student and parent sections) and return to the school office for the chance to win. Prizes will be presented to the first 5 correct entries drawn on school assembly on Friday 26 June which is the last Friday this term.

.....cut off and return to office by Wednesday 24 June.....

Student's name: **Class:**

Parent's name:

1. **Students** – What is the total number of 'red walkers' (little red walkers) shown on the Active Travel Map including the legend?

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AND

2. **Parents** – Come up with an Active Travel Slogan that can be used to further promote Active School Travel E.G. "Use your own engine" **OR** list 3 benefits of 'park & stride'.

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*** BOTH SECTIONS MUST BE COMPLETED TO ENTER***