Practical tips for walking to school

It’s easy to walk with your child to school. Just leave the car at home or only drive part the way to school and walk the rest.

All you need are a sturdy; comfortable pair of walking shoes, a hat, sunscreen and water if it’s hot.

Plan your route to school

- Plan the safest route between your house and school.
- Minimise crossings.
- Walk with your children at least once to ensure their skills are up to scratch and that they understand all issues on the route.
- Check the route regularly for any changes such as construction sites and road works.
- Use zebra and supervised crossings when available.
- Do not walk on the road!

Teach your child how to cross the road safely!

- **Stop** at the edge of road.
- **Look** both ways for traffic (right, left etc).
- **Listen** can you hear any cars?
- **Think** is it safe to cross?
  Is there anything else that makes crossing dangerous?

Frequently Asked Questions

**How can I walk my children to school if I live too far away?**
Drive part of the way to school and walk the last 500m or so. The front gate is usually congested so parking away from the school makes sense.

**How can I walk if I usually drop the kids to school on the way to work?**
Drive part of the way to school and walk the rest. The journey to school is a valuable time to teach your children basic road safety skills.

**Will walking with a heavy bag cause back problems?**
Children should carry no more than 10 percent of their body weight. This is about 4kg for the average 11-12 year old. A good backpack, worn correctly, will help spread the weight considerably. The regular exercise of walking is much better for their back than sitting in a car.

*Remember children need at least one hour of physical activity a day. It’s important to make time available so you and your children can get some exercise!*