**Walking or riding to school**

Newsletter article:

Walking, riding a bike, scooter or skateboard, catching public transport, or even a combination of each are fun, safe and healthy ways for children to travel to and from school.

Travelling this way is one of the easiest and most time efficient ways to ensure children receive the recommended 60 minutes of physical activity every day. It also helps to reduce congestion and increase safety around the school, with less cars on the road.

Supporting resources and more information is available on the [Transport Canberra](https://www.transport.act.gov.au/getting-around/schools/active-travel-for-schools) website.

Facebook post:

Walking, riding a bike, scooter or skateboard, catching public transport, or even a combination of each are fun, safe and healthy ways for children to travel to and from school. These forms of travel also help to reduce congestion and our carbon footprint.

Transport Canberra has resources available to support families wishing to walk or ride to school. <http://bit.ly/ATschools>

