**Walking or riding is healthy and fun**

Newsletter article:

Walking and riding to school is a fun, safe and healthy way to travel to and from school each day. It is also a great way for children to develop friendships and arrive energised and ready to learn.

Some important things to consider before encouraging children to walk or ride to school include:

* walking or riding a number of times with your children, highlighting the safest route with limited road crossings
* talking to other parents in your area and consider setting up a walking or riding group with other children
* utilising part way points to teach your children to travel independently over a short distance initially.

More children [walking or riding to school](https://www.transport.act.gov.au/getting-around/schools/active-travel-for-schools/active-travel-toolkit) helps to create a hive of activity around the school, which helps to reduce vehicle speeds and creates safety in numbers for students.

Facebook post:

Walking and riding to school is a fun, safe and healthy way to travel to and from school each day. It also helps to create a hive of activity around the school, which reduces vehicle speeds and creates a safety in numbers approach for students. <http://bit.ly/ATschoolsvideo>

