

Active school travel CASE STUDY

Helensvale State School

Helensvale State School graduated their three year Active School Travel (AST) program in 2017 and won the School of Excellence Award in 2019.

The award was given for their commitment and success to promoting the program, which resulted in the achievement of a considerable increase in the number of students participating in active school travel and in-turn reducing the number of cars at the school, at peak times.



"Since inception, we have seen almost double the amount of students participating in AST.

Our school has approximately 1100 students and 100 staff. The program has been run by 3-4 teachers during this time, recording data and helping to organise events.

AST morning's once a week became a big hit right away, noticeably decreasing congestion at drop off and pick up times. The decrease in traffic makes for a less chaotic experience at the front gate, including time efficient 'Kiss and Go'.

I have especially noticed a substantial increase in students riding bikes and scooters. We only had one bike cage a few years ago and through the AST program, have been given more – and they're always full.

I notice particularly more involvement in families walking or riding to school than ever before, along with genuine excitement within the students about having their families get active and participate in the program with them.

Parents and carers have been really positive about the program – not only for making them accountable for their own physical activity, but for providing a tool to promote the importance and benefits of physical activity throughout the school.

The breakfast mornings and prizes are a huge success, and getting our Year Six School Leaders involved has been great for school cohesion. The AST school mural is enjoyed by students, teachers and families – and is a great promotion tool for the program.

In the past, we have advertised associated events on our Facebook page and in our school newsletter, and have tied AST in with other event days, like Day for Daniel and Walking to School Day, to promote the program."

JOANNE IRVING, TEACHER

