

Walking to and from school



Leave the car at home and walk to school. Walking is the easiest way to active school travel. A daily walk to and from school is a great way to improve fitness, chat with your children about their school day, and meet other parents. All you need is a comfortable pair of shoes!



If you live too far away from school to walk, consider parking a short distance from the school in one of the school's nominated 'Park and Stride' areas and walking the rest of the way with your children.

Walking benefits

Walking to school regularly improves children's road awareness, improves mood, and helps create healthy habits for life, which can lead to greater cognitive, intellectual and social skills.

While they are walking, children:

- enjoy being with friends and family
- feel independent and confident
- learn decision-making skills
- notice the environment around them.

Safety tips

- Wear a hat and sunscreen.
- Listen and watch for traffic – put headphones and mobile phones away.
- Always look for a crossing to cross the road safely.



For more information on the Active School Travel program, please visit cityofgoldcoast.com.au/activeschooltravel