



April 27 2015

## WE'RE TAKING IT IN OUR STRIDE ON FRIDAY MAY 22, 2015

Well it's that time of year when our school seriously starts talking about walking and keeping healthy and active! This year the Walk Safely to School Day will take place on Friday May 22, 2015. To do this we will be walking from the old primary school on Bowden Street (St Johns Church) to our current location and K-10 College at 204 Tolosa Street Glenorchy.

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. Although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child (ren) the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic while getting to spend time speaking to your son/daughter along the way which is great.

*Dominic College is going to take part in this wonderful event by aiming to get as many students and parents as possible to walk to school from St John's Church in Bowden Street (meeting outside the church) to School on Friday 23rd May. There will be staff assisting in this wonderful occasion along with the 2014 Sport Leaders, high school students and many parents that choose to take part in this event. Students who catch the bus to the bus mall will also be welcomed by staff and assisted in walking safely to St John's Church for the start of the walk.*

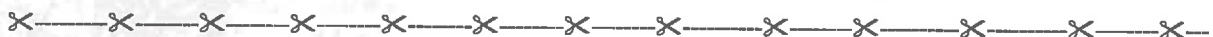
**Who:** Any Students, Parents, Teachers and Friends of the Dominic Community

**What:** Walk to School Safely Day

**Where:** St John's Church, Bowden Street Glenorchy- near GYC Glenorchy (Meeting outside the church) and walking to Dominic College

**Time:** Meet from 7.45am and depart the St John's Church at 8.00am (sharp)

**Why:** Remember, Active Kids are Healthy Kids so get involved in our Walk Safely to School Day Journey on Friday 22 May, 2015 from St John's Church to the College.



Name(s): \_\_\_\_\_ (Parents can put names here too if participating!)

I/We would like to participate in the Dominic College Walk to School Safely Day on Friday 22 May from St Johns Church Glenorchy, meeting outside the Church from 7.45am and walking to the College from 8.00am. [Please return this part of the note to school]

Signed: \_\_\_\_\_ Parent/ Guardian

