

## Staying safe

The more families and children that walk, cycle and scoot to school, the safer the community is for everyone. Less traffic around schools means less pollution at the school gate and safer streets for our kids.

Being active on the way to school is a great way to teach kids about road safety. Remember to reinforce the road safety messages of Stop, Look, Listen and Think before they cross the road. If your child is under the age of 12 years, they can ride their bike on the footpath and this is a great way for them to build their confidence before riding on the road.

When kids are cycling or scooting, remember to ensure they always wear a safety helmet.

Planning the trip, becoming familiar with the route, following the road rules and chatting along the way is a great way to ensure the trip to school is safe and fun too!

For more road safety information visit [www.dpti.sa.gov.au/roadsafety/safe\\_road\\_users](http://www.dpti.sa.gov.au/roadsafety/safe_road_users)

## What is OPAL?

OPAL is a program that's about supporting everyone in your community to eat well and be active. New information will regularly be provided to help you make healthy choices in your life. Your council will also be supporting Think Feet First, by coordinating activities and looking at the local environment to make sure healthy choices are easy for you and your family.

To find out more and become involved, visit [opal.sa.gov.au](http://opal.sa.gov.au) or call the City of Charles Sturt OPAL Council Team on **(08) 8408 1132**.

OPAL by EPODE is a joint program of Australian, State and Local Governments.



# Opal



# THINK FEET FIRST.

## STEP, CYCLE, SCOOT TO SCHOOL.



# THINK FEET FIRST.

Being active every day is important for everyone and is essential for children's health. One way for kids to be active everyday is to Think Feet First – step, cycle or scoot to school.

- Think Feet First by encouraging the kids to walk to school with you.
- Think Feet First by suggesting the family ride their bikes to the shops or the park.
- Think Feet First by encouraging them to scoot to school or to a friend's house.

## Do you and your kids Think Feet First?

### Why step, cycle, scoot to school?

Doing this:

- keeps our kids and ourselves healthy
- builds strong muscles and bones
- improves concentration and helps learning
- creates healthier and safer places to live with less traffic and less pollution
- provides a great opportunity for you to share time with your kids
- gives kids time to spend with their friends
- helps kids to get to know their local neighbourhood
- helps kids learn about road safety

Most kids, when asked, would love to step, cycle or scoot to school. They are often prepared to go further than you think, so Think Feet First as often as you can.

### How much activity?

Kids should be active every day – at least 60 minutes and preferably several hours of physical activity daily. Regular physical activity increases physical, mental and social health, helps maintain a healthy weight and establishes healthy habits for life.



### Busy mornings

Mornings can be a busy time, organising breakfast, school clothes, lunches and more. Involve the kids in helping out by:

- getting the kids to get up a bit earlier to help in the morning
- having the kids help get breakfast and lunches ready
- encouraging kids to pack their school bag, check their bike tyres and get their helmet ready the night before

Find the best and safest way to step, cycle or scoot to school by visiting [www.sa.gov.au/cycling](http://www.sa.gov.au/cycling) to plan your journey.

If the journey to or from school is too long, park so you can walk with the kids for the last 10 minutes of the trip.

### Make it a habit

- Set up some reminders to keep the kids on track – a note on the fridge or a reminder on your mobile phone.
- After only a few weeks it will become a habit, then it will be part of the daily routine.
- If we 'Think Feet First' for short trips we can all build a healthier community for our kids.

### Morning catch up

Travel to or from school can be a great opportunity to connect with your kids about their day. Without the distraction of driving through the busy school traffic, you'll have more time to chat. Think Feet First – step, cycle, scoot to school is good for kids and good for you.