



FRIDAY 4 MAY 2007

WHAT TEACHERS CAN DO

To support WSTSD and maintain safe and healthy walking habits year-round, teachers should:

- encourage parents and carers to walk to school with primary-aged children and reinforce safe pedestrian behaviour
- promote the health benefits of walking and help create regular walking habits at an early age
- ensure that children up to 10 years old hold an adult's hand when crossing the road
- help children develop the vital road-crossing skills that they will need as they become mature pedestrians
- reduce the car dependency habits that are being created at an early age and which will be difficult to change as children become adults
- promote efficient use of public transport
- promote environmental awareness by telling students about the air pollution created by motor vehicles.

Before the walk

Prior to WSTSD, consider preparing students for safe walking to school by means of the following:

- holding a school assembly on road safety issues
- having students practise road safety skills
- displaying photos or posters denoting good road sense
- walking or other physical activity sessions
- mapping safe routes to school, playgrounds and other important places
- taking walking excursions in the school neighbourhood
- holding a panel discussion or debate about the health and environmental benefits of walking, road safety and active transport
- having students keep an activity diary—students record their individual progress over a week, month, term or even the whole year of walking to school (or other places). Provide them with observation activities to do whilst walking to school or in the classroom.

On the day

Consider holding these activities on the day:

- a WSTSD healthy breakfast for children (see above)
- a special walking event on the day with local sporting identities, the mayor or other local celebrities and officials
- encourage local stores to support your school in the event with the provision of a healthy breakfast for the children, provision of prizes for competitions etc.

After the walk

Teachers can review the day and improve prospects of further walking to school by means of the following:

- publicising the achievements of the event utilising any photos or other materials available
- identify physical activity programs and publicise their availability
- talk with local government about how the safety and accessibility of routes to school might be improved, particularly any concerns that parents might have about walking
- confirm safe routes to the school
- explore the option of creating a school walking mascot
- establish a school or class data sheet to analyse travel behaviour that best helps the environment
- organise competitions using pedometers to count the total steps children in each class take and work out how far around Australia those steps would take them
- organise a 'no cars' day around the school
- combine a walk with a fundraising initiative
- hold walking theme days, mystery walks, etc.
- undertake a traffic pollution survey around the school.





Dr Rosemary Stanton's Healthy Breakfasts Ideas

Good nutrition is essential for good health and a good breakfast is vitally important for good nutrition. Breakfast gets the metabolism going and helps prevent a slump in concentration during the late morning hours. Studies also show that those who eat a healthy breakfast eat less junk food later in the day and have a lower intake of saturated fat and a higher intake of essential nutrients and dietary fibre for the whole day.

So why not celebrate **Walk Safely to School Day** by hosting a Healthy Breakfast at your school?

For a healthy breakfast at school, any of the following foods need no preparation:

- apples
- bananas
- mandarins
- grapes or any fresh fruit in season
- cheese cubes or cheese sticks
- fresh bread rolls (excellent if served with a banana)
- long life milk (preferably fat-reduced)
- soy beverages such as "Up and Go"
- small containers of unsweetened peaches or other fruit
- dried fruit
- water

If there is someone who can help out, good choices include:

- sliced watermelon (in season)
- sliced French stick with peanut butter or Vegemite
- yoghurt
- Weetbix or Vita Brits split and spread with peanut butter
- milk, preferably fat-reduced

For home breakfasts, good choices include some fresh fruit plus

- a quality cereal (such as Weetbix or Vita Brits or Sultana Bran) with milk
- toast with an egg
- toast with cheese or peanut butter
- a smoothie (blend fat-reduced milk, yoghurt, fresh fruit and a little honey)

Poor choices anywhere include

- breakfast bars (too much sugar)
- sugary cereals
- crisps or chips
- soft drinks
- juice drinks



Dr Rosemary Stanton AOM

Biography

Dr Rosemary Stanton AOM is one of Australia's best known nutritionists. She has also been awarded an Order of Australia Medal for her services to community health through education in nutrition and dietetics.

Rosemary is currently a Visiting Fellow in the School of Medical Sciences, Faculty of Medicine at the University of New South Wales and is a member of many advisory committees and professional associations in Australia and overseas.

The author of many scientific papers and 31 books on food and nutrition (the most recent, co-authored with Professor Andrew Hills is "A Matter of Fat", understanding and overcoming obesity in kids), Rosemary has also published more than 3200 articles in magazines and newspapers as well as chapters in various textbooks and is a regular presenter on television and radio. She lectures to many groups, including medical students, doctors, teachers, sporting groups and the general public.

Rosemary maintains a close liaison with the Australian public and is widely recognised as a source of reliable nutrition information free from commercial influence. Within the community her interests include public health nutrition for all ages – from children to the elderly.

She is Patron of the NSW School Canteens Association and a patron of NAPCAN (National Association for the Prevention of Cruelty and Neglect of Children)