

Walk to School 2018

Walk, ride or scoot and build healthy habits for life.

Parent and Carer fact sheet

In 2017, we achieved:



Every October, Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

Active travel options to and from school are also a great opportunity to connect and chat with your kids, plus meet up with other local families along the way. If you can't walk all the way, your child can still get involved – simply drive part way and walk, ride or scoot the rest!

By participating, you could help your school win great regional prizes and you will enjoy the benefits of walking, riding and scooting to and from school!

Sign up for Walk to School today and build healthy habits for life.

Meet our partners

Walk to School 2018 is proudly supported by our Official Community Partner, AFL Players and our Official Corporate Partner, Bendigo Bank.

Win amazing prizes

Keep checking the Walk to School website and social channels. We'll be announcing this year's prizes very soon!

How can your family get involved?

Take part through your child's school

It's easy to participate if your child's school is registered for Walk to School. Your child's teacher will record how many times students walk, ride or scoot to and from school during October, using a classroom calendar.

Schools with the highest participation levels in each region will be eligible for some fantastic prizes – so every time your child walks, rides or scoots they increase their school's chance of winning!

Get involved online

If your child's school is not taking part in Walk to School, your child can still participate. Make every walk, ride or scoot counts by having them register as a student on the Walk to School website www.walktoschool.vic.gov.au.

Your child can track their walks, rides and scoots during October, and contribute to the state-wide effort!

Official community partner:



Official corporate partner:



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FAQs

How does Walk to School work?

If your child's school is taking part in Walk to School, your child's teacher will record how many times students walk, ride or scoot to and from school during October, using a classroom calendar.

Schools with the highest participation levels are eligible for some fantastic prizes. So every time your child walks, rides or scoots they increase their school's chance of winning!

My child's school isn't registered. Can I still get involved?

Yes! Even if your school isn't registered, you can still participate. Make your child's walking, riding and scooting count by having them register as a student on the Walk to School website – with your permission, of course. Your child can keep track of how often they walk, ride or scoot to and from school and be part of the state-wide movement.

Why does Walk to School go for a month?

Studies show that it takes 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

Why do schools use classroom calendars?

The calendars are a bright, fun way to record how many times students walk, ride or scoot to and from school in October. At the end of the month, schools use the calendars to provide a summary of data to VicHealth, so they can give prizes to the most active schools in each region. Schools can also use the calendars to reward students or celebrate the most active class at school assembly.

Why does VicHealth collect data and information?

VicHealth collects information to help find new and better ways to encourage children to be active.

Collecting data lets us measure the impact of the Walk to School program and see how many people are getting active on the way to and from school. VicHealth uses aggregate data for individual schools, schools within a region, and schools in the state. VicHealth may publish Walk to School results at a school or state level.

What data do schools collect?

If your school is registered for Walk to School, your child's teacher will use a classroom calendar to record:

- your child's name
- how many times they **usually** walk, ride or scoot to and from school
- how many times they walk, ride or scoot to and from school **in October**.

Your school will provide a summary of this participation data to VicHealth in November 2018.

What data is collected on the website?

If you register your child online, you will need to provide your child's name, an email address username and password. We won't ask for your child's date of birth, phone number or address.

To understand your child's walking activity, we'll ask:

- the distance you live from school
- how many times they **usually** walk, ride or scoot to and from school
- how many times they walked, rode or scooted to and from school **during October**.

Who can access this data?

Information recorded on the classroom calendars will only be accessed by the student, the teacher and the school's Walk to School coordinator. VicHealth or the local council may access this data if your school asks for help with tallying and reporting.

VicHealth may also collect a sample of classroom calendars to understand student walking patterns. All classroom calendars will be securely stored and destroyed at the end of the Walk to School program.

VicHealth will also share de-identified data with our evaluation team to help analyse and report on the outcomes of Walk to School.

Information collected on the Walk to School website will only be accessed by your child and VicHealth. We only collect your child's name or username to help manage the student portal and create aggregated reports. Your email address will be used to update you with information about Walk to School or to help you recover your username and reset your password.

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We host competitions on our website and social channels. We always ask for your permission directly before posting your child's entry online.

Once the results are in and analysed, VicHealth will securely store and destroy classroom calendars. We only report aggregate data, so no individuals will be identified. All personal information about your child will be securely stored and destroyed by June 2019.

What if I don't want my child to participate?

Participation is voluntary. If your child's school is taking part in Walk to School but you don't want your child to participate, ask your child's teacher not to include your child's name on their Walk to School classroom calendar.

If your child has been registered on the website and you want their profile deleted, simply delete it yourself or ask VicHealth to delete it for you.

If you choose not to record your child's walks, rides or scoots, your child can still enter Walk to School competitions on our website and social channels. And of course, you can still enjoy the benefits of walking, riding and scooting to and from school as often as you like!

Where can I get more information?

Visit the Walk to School website for information:
www.walktoschool.vic.gov.au

 walktoschool@vichealth.vic.gov.au

 www.facebook.com/WalkToSchool

 twitter.com/WalkToSchoolVic

Your privacy

We care about your privacy. If you have any other enquiries regarding privacy, or wish to access your information, please contact the VicHealth Privacy Officer at privacy@vichealth.vic.gov.au.

